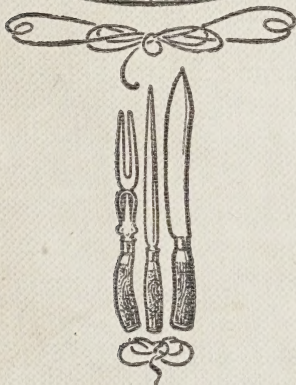


THE KING'S DAUGHTERS

COOK BOOK



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1911

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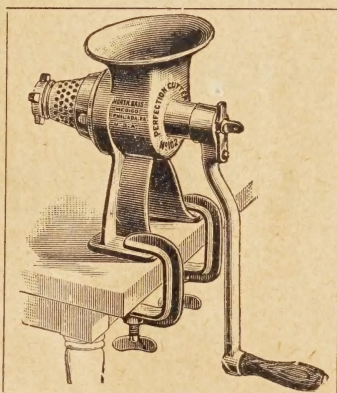
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The King's Daughters Cookery Book

COMPILED BY
MRS. ROBERT BURNS McMICKING



Each recipe is plain and tried,
And some good housewife's honest pride;
Some home's delight.
And should your effort bring no prize,
I'll say not where the trouble lies—
'twere impolite.

1st EDITION 1904
2nd EDITION 1911
Victoria, B. C.

To
MRS. GEORGE C. SHAW
OUR BELOVED "OLD LEADER"
Of the Ministering Circle
THIS BOOK
Is Affectionately Dedicated

PREFACE

Striving to better, oft we mar what's well.

—King Lear.

IN presenting the second and enlarged edition of the King's Daughters Cook Book to the ladies of Victoria, I wish to express the keenest satisfaction with the splendid reception accorded the initial edition. Believing that a need in this direction existed and has been partially supplied by the previous effort, it is not difficult to be persuaded that a more comprehensive compilation is now warranted, if not actually demanded. No apology is therefore necessary to the introduction of a second edition of carefully selected and tried recipes, and to a hope that it may merit a place in every household. There has not been any attempt at display or effect, the compiler being content to rest her claim for success upon the excellence of the several recipes herein, representing as they do, the ripe experience of the best chefs in home and hostelry. A hope is expressed that the publication of this volume may stimulate that just pride for cooking without which the work is drudgery, and great excellence impossible.

Our indebtedness to all who have so kindly contributed to this volume is hereby acknowledged. We would be glad to express our thanks to each individually. This, however, is accomplished in part by the publication of the donor's name with each recipe.

To our advertising patrons we are indebted for the material aid thus furnished, and we bespeak for them a liberal recognition by the public who desire to be well served with good goods in satisfying measure.

Victoria, March, 1911.

TO be a good cook means the knowledge of all fruits, herbs, balms and spices, and of all that is healing and meet in fields and grove, savory in meat. It means carefulness, inventiveness, watchfulness, willingness and readiness of appliance. It means the economy of your great-grandmother and the science of modern chemists; it means much tasting and no wasting; it means English thoroughness, French art and Arabian hospitality; it means in fine that you are to be perfectly and always ladies, and you are to see that everybody has something nice to eat.—Ruskin.



We may live without friends, we may live without books,
But civilized man cannot live without cooks!
He can live without books—what is knowledge but grieving?
He may live without hope—what is hope but deceiving?
He may live without love—what is passion but pining?
But where is the man that can live without dining?

—OWEN MEREDITH.

The kitchen is the corner stone of the social life of the nation. It is of the greatest importance to the nation what our mothers and sisters do in the kitchen. I love music and art, but the root of the family is in the kitchen. If God has given us our meals by the good sweet hands of a mother or sister, you know yourself what a difference there is between that and the meal that is furnished in any mechanical way.—Charles Wagner.

(Written for the Woman's Edition of the "Colonist" by Mrs. R. B. McMicking, Nov. 6th, 1909.)

HOUSEHOLD DEPARTMENT.

"Use what talents you possess. The work of the world is done mostly by ordinary ability, while geniuses are waiting for splendid opportunities."

MANY an excellent housekeeper is a very poor homekeeper, and I have known women who made everything bend to the one ideal of neatness, and who in consequence of their devotion to this one ideal allowed their children to starve mentally and morally. On the other hand there are many women whose poor spiritless housekeeping has fostered in their children unambitious ideas and alarmingly common tastes. Then again there are thousands of women who do their work in a poor way year in and year out.

To the Good Housekeeper

there is no higher duty than scrubbing the kitchen table, if it needs it, and you are able to do it. Never imagine that when you leave it coated with grease and grime, and run away to your book or your piano or your embroidery, that it is because you have naturally finer tastes than the woman who gets her scrubbing brush, her hot suds and her cleansing material, and goes after that table. It is a very trite saying that nobody works so hard as the person who works badly, and this particularly applies, I think, to the poor housekeeper. She is always tired, always worried, always ready to complain over the abuses of women. Housekeeping comprehends all that goes to make up a well-ordered

home, where the sweetest relations of life rest on firm foundations, and the purest sentiments thrive. It is an accomplishment that may be acquired by study and experiment, but the young and inexperienced housekeeper generally reaches success only through great tribulation. It ought to be absorbed in girlhood, by easy lessons taken between algebra, music, and painting (although the writer never attempted any of these housekeeping problems until she had reached the age of 18). If girls were taught to take as much genuine pride in dusting a room well, hanging a curtain gracefully, or broiling a steak to a nicety, as they feel when they have mastered one of Mozart's or Beethoven's grand symphonies, there would be fewer complaining husbands and unhappy wives. The woman who is satisfied only with the highest perfection in her work, drops the drudge and becomes the artist. There is no luck in housekeeping, however it may seem. Everything works by exact rule, and even with thorough knowledge, eternal vigilance is the price of success. There must be a place for everything and everything in its place, a time for everything and everything in its time, and "patience, patience" must be written in glowing capital letters all over the walls. The reward is sure. Your husband may admire your grace and ease in society, your wit, your school-day accomplishments of music and painting, but all in perfection will not atone for an ill-ordered kitchen, sour bread, muddy coffee, tough meats, unpalatable vegetables, indigestible pastry, and the whole train of horrors that result from bad housekeeping.

One of the first ideas the young housekeeper should divest herself of is that because she is able, or expects some time to be able to keep servants, it is therefore unnecessary to understand household duties, and to bear their responsibility.

"Girls" are quick to see and note the ignorance, or the incapacity of the mistress of the house, and few are slow to take whatever advantage it brings them, but the capacity of a mistress at once establishes discipline.

In speaking of Proper Housekeeping we always refer to orderly rooms and closets and bureau drawers and an immaculate pantry and spotless kitchen. Any woman who has done her own work and reared a family knows that this ideal is far above the reach of the average housekeeper.

But all of our ideals are far above our reach; if it were not so there would be saints walking the earth.

Everybody admits the ideal household arrangement, but I believe there is equal misery in striving too hard to approach it and in consciously falling too far below it. The mistress of a household holds a peculiar position in the world—the most responsible position, I think, that can be held. On her and her mental attitude hangs the destiny of a family. On her depends the atmosphere of a home.

THE MANAGEMENT OF HELP.

The management of servants is the great puzzle of today. In employing a new domestic, there should be the utmost frankness. She should be fully informed as to what she is expected to do, and what privileges will be granted. If she is not pleased, let her depart without regret. If you engage her, let her understand first and always that you are mistress, and claim the right to have the work done in your way. Above all, the utmost kindness should be shown, and the mistress of the house should always be mistress of her temper. She should put herself in the "girl's" place, and apply the golden rule in all dealings with her. Give unqualified praise when deserved, but never scold. Never find fault at the time an error is committed. A quiet talk after all feeling has subsided will do wonders toward reform.

The servant who is tucked away in a gloomy attic, uncarpeted, can hardly be expected to be neat and tidy in her personal habits. It is impossible to secure and keep good girls unless they can be won into sympathy and attachment to the family, so that they will regard themselves as part of it.

The mistress must respect her maid as a sensitive woman like herself, and not class her as a mere drudge of an inferior order of creation. In her efforts to bring about such results she may confidently count on meeting many cases of incompetence, stupidity and even ingratitude, but the experiment itself is in the right direction; and if it fails of complete success, can not be wholly without good results.

WASTEFULNESS

"Thrift, Thrift, Horatio!"

—Hamlet.

A writer on the Art of Cookery has made the assertion that there is more waste among the poor than among the rich, and explains it by saying that the former have not known how to use odds and ends that come in their way, while the latter have brought it to perfection. Wastefulness is no indication of a generous nature, and we have met those who imagined that if they did not show a careless, improvident spirit they would be considered close. A small family in this country will often waste what in a French home would be enough to keep a household, for all the details of a French woman's kitchen, no matter whether she be rich or poor, are managed with the utmost economy. The food, although inexpensive, is cooked with such relish, and in such disguises as to induce a belief that an entirely new dish is presented. An article most frequently wasted is bread, every crumb of which should be saved and placed in the oven to dry, crushed, and put into wide-mouthed bottles, for puddings, stuffings or cutlets. The bones of roasts can be cracked and put in the stock pot to clarify, drippings should be strained into an earthen vessel and, if kept covered, will keep for weeks.

Sour milk will make up whole wheat bread, biscuits, doughnuts and griddle cakes. Potted meats can be made from fragments cut from the bone, pounded in a mortar and seasoned; they make

fine canapes for luncheon. Potatoes left over are capable of so many ways of re-serving that it is almost unnecessary to mention them.

Egg shells are useful for clearing soups, jellies and coffee. Soft boiled eggs left over can be re-boiled and, when hard, used as a garnish. Cold rice is easily made into puddings, croquettes, etc. Herbs should be gathered just when beginning to blossom.

CARVING

"Let's carve him as a dish fit for the gods;
Not hew him as a carcass fit for hounds."

—Julius Caesar.

The mere mention of the word "carving," says Chabeison, sets the cook to prick his ears; in it he recognizes the "bete noire" of his existence, the destroyer of his peace of mind and the production of his skill. To the eye they are beautiful and grand for the moment, but here comes the ruthless weapon of the amateur carver, and then woe to the works of the cook. Be the dish ever so tasty and ornamental, much of its artistic credit may be lost in carving. The art of carving was looked upon by our ancestors as essentially a part of good training; the last instructor provided to young men (and also ladies) was a master carver. The present fashion of dinners is perhaps removing the necessity, from some circles, for knowing how to carve, but still not so generally as to do away with it altogether. Ladies as well as gentlemen should make carving a study, so that at the family dinner if the host be absent the hostess can perform the task.

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A CULINARY DICTIONARY.

A Glossary of Terms Used in Cookery and Menu-Making.

NANTAISE (a la)—In the Nantes style.
Napoleons—Cakes baked in thin strips, which are put together with jam or cream. A favorite cake in Paris.

Napolitaine (a la)—In the Naples style.

Nasturtium—The leaves of the nasturtium are often served in the form of a salad, like lettuce. The seeds are used as a substitute for capers. When preserved for this purpose they are gathered while still young and tender, and are soaked in salted water for twenty-four hours. When dried, they are put into bottles, and are covered with cold, spiced vinegar. If tightly corked and stored in a cool place they will be ready for use in about six months.

Naturel (au)—In the plainest, simplest style.

Navarin—A brown stew, made of mutton.

Navet—French for turnip.

Neige (a la)—Something snowy, or white like snow.

Nesselrode Pudding—A frozen pudding flavored with chestnuts and fruit.

Neufchatel Cheese—A soft, sour cream cheese, originally made only in Neufchatel.

Nicoise (a la)—In the Nice style.

Niocchi—Italian dumplings, made with flour and parmesan cheese.

Nivernoise—Dishes served with the following garnish are termed "a la Nivernoise," in honor of Nivernois, the famous French statesman: Scrape

two dozen young carrots and put them in a saucepan with an ounce of butter, a teaspoonful of sugar, two saltspoonfuls of white pepper, and half a teaspoonful of salt. Moisten with three gills of water; cover the pan; let it cook on top of the stove for five minutes, and then in the oven for fully forty minutes. Drain and serve.

Noisette—French for nut. Also, a small slice of meat cut in this fashion; cut a piece of meat, so that when beaten lightly, it will flatten to three-eighths of an inch in thickness, and trim in round shape until each piece weighs just three ounces.

Noix de muscade—French for nutmeg.

Noix de veau—The term noix is used several times by the French in the division of veal; the large part of the leg is called the noix; the flat part under it, the sous noix; the side part, contra noix, while the sides of the shoulder are the petites noix.

Nonpareil Sauce—Put half a teacupful of ham and the same quantity of breast of chicken in a chopping-bowl with a cucumber pickle, a skinned and boned anchovy, the yolk of one hard-boiled egg, a head of shallot, and a few springs of parsley. Chop fine, and put in a saucepan with a coffee-cupful of tomato catsup. Boil slowly for five minutes, and serve with meat or fish.

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TABLE OF
WEIGHTS AND MEASURES

4 tablespoonfuls of liquid.....	$\frac{1}{2}$ gill, $\frac{1}{4}$ cup or 1 wineglassful
A dash of pepper.....	$\frac{1}{8}$ teaspoonful, or 3 good shakes
2 teaspoonfuls of dry ingredients.....	1 tablespoonful
4 teaspoonfuls of liquid.....	1 tablespoonful
1 tablespoonful of liquid.....	$\frac{1}{2}$ ounce
1 pint of liquid.....	1 pound
2 gills of liquid.....	1 cup or $\frac{1}{2}$ pint
1 kitchen cup	$\frac{1}{2}$ pint
1 heaping quart of sifted flour.....	1 pound
4 cups of flour.....	1 quart or 1 pound
1 rounded tablespoonful of flour.....	$\frac{1}{2}$ ounce
3 cups of cornmeal.....	1 pound
$1\frac{1}{2}$ pints of cornmeal.....	1 pound
1 cup of butter.....	$\frac{1}{2}$ pound
1 pint of butter.....	1 pound
1 tablespoonful of butter.....	1 ounce
Butter the size of an egg.....	2 ounces
Butter the size of a walnut.....	1 ounce
1 solid pint of chopped meat.....	1 pound
10 eggs.....	1 pound
2 cups of granulated sugar.....	1 pound
1 pint of granulated sugar.....	1 pound
1 pint of brown sugar.....	13 ounces
$2\frac{1}{2}$ cups of powdered sugar.....	1 pound
An ordinary tumbler.....	$\frac{1}{2}$ pint
2 tablespoonfuls	1 fluid ounce

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and soft.

SOUPS

The onion is a homely plant,
And rank as most that grows,
And yet it beats to mix with soup
The lily or the rose.

“For soup is but the first of those delights which go to make the coming bill of fare.”

A great French authority says that soup bears the same relation to the dinner that a doorway bears to a house, and it is safe to say, also, that no other dish is capable of such variations. Always use cold water in making soups, that the juice may be more readily extracted from the meat; cut the meat into small pieces, take out the marrow, lay the bones in the bottom of the stock pot, and put the cut meat on top, and stand until juices of meat begin to color it, then put on to simmer for four or five hours on the back of the stove. When vegetables are used they should be added only in time to become thoroughly cooked, as if in too long they absorb a portion of the richness of the soup. Bay leaf is among soups and meats what vanilla is among sweets. Only a small piece is wanted in a soup for a family dinner.

Soup is so nutritious, wholesome, palatable and economical that as an article of diet it should rank only second to bread, and to make it with flavors properly commingled, is an art which all should master; it requires study and practice. The best basis for soup is lean, uncooked meat, a pound of meat (with the bone) to a quart of water, being a generally accepted rule to which may be added chicken, turkey or mutton bones, well broken up; a mixture of beef, mutton, and veal, with a bit of ham bone with the meat cut fine, makes a higher flavored soup than any single meat; the legs of all meats are rich in gelatine, an important constituent of soup, although not adding any special nutriment to it.

It is very essential that the meat be perfectly fresh, as the least taint, or even if a little old impairs the flavor of the soup. There are two classes of soup. A thin or clear

one, and a thick or rich; the former precedes a heavier course of meats, etc., at dinner, and refreshes one, acting as an appetizer for the rest of the meal, while the latter, with only a few additional dishes makes a very satisfactory and easily prepared dinner.

Thick soups require more seasoning than thin ones and if wanted very delicate may be strained, and should be about the consistency of cream, while clear soups should be perfectly transparent. For all soups a pinch of sugar should be added. The variety of soups is without limit, and by adding "here a little, and there a little," one can produce a new and distinctive variety whenever wished.

Making Soup.

Always use cold water in making all soups, that the juice may be more readily extracted from the meat; skim well, especially the first hour, and cook slowly. There is great necessity for thorough skimming, and to help the scum rise, pour in a little cold water now and then, and as it reaches the boiling point skim it off. Use salt very sparingly, seasoning with salt and pepper when done. For using fresh meat throw the pieces as cut into required quantity of cold water and stand until juices of meat begin to color it, then put on to boil. When soup is desired for a daily course, a stock pot should be especially provided with a faucet to draw off the clear soup to be seasoned and flavored each day; and all meats left after dinner can be thrown into the kettle, also bits of vegetables and bread, and gravies. Every two or three days, however, the contents of the kettle should be turned out, after all liquid has been drawn off. The kettle should be washed clean and scalded, for if this is not attended to the soups will lose their piquant flavor and become stale.

Seasoning Soup.

Seasonings for soups may be varied to suit tastes. The simplest may have only pepper and salt, while the richest may have a little of every savor so delicately blended that no one is conspicuous. No measure can be given, as the good soup maker must be a skillful taster. There must be a warm tone from the pepper, but not the taste of pepper. In short the spicing should be delicate rather than profuse. Mushroom catsup, Harvey's sauce, Chili sauce, Worcester-

shire sauce, may be combined in various proportions. Bay leaf is among soups and meats what vanilla is among sweets. Skillfully used it gives that flavor of French cookery that is recognized as something different from the ordinary home-made article.

One bay leaf will flavor two gallons of soup, and only a small piece is wanted in a soup for a family dinner. For both coloring and flavoring soups, use caramel, browned flour, meat with cloves in it, or browned with butter and sliced onions, fried with butter and flour till they are browned, then rub through a sieve.

Rich Stock.

4 lb. shin of beef.	4 lb. knuckle of veal.
$\frac{1}{2}$ lb. lean ham or bone.	1 lb. calf's foot.

With the vegetables or not as wished.

White Stock.

Cut up five pounds shin of veal and one chicken, one gallon and a half of water. Some fry meat in the pot with a little butter fifteen or twenty minutes before adding the water. Simmer two or three hours, add three stalks of celery, one onion, white turnip, blade of mace, or any other vegetable given in the list for white stock.

Clarifying Stock.

To clarify a gallon of stock, take whites and shells of two or three eggs, with tablespoonful of cold water to each egg, break up shells and beat with the whites and cold water, place in a saucepan, pour the cold stock upon them, set over the fire, and let slowly reach the boiling point, stirring it four or five times to loosen the egg from the bottom; as it boils the eggs will harden and rise to the surface. When the stock appears quite clear under the scum pour it very gently into a folded napkin laid in the colander, which must run through without squeezing. This clarified stock is also called clear soup or consommé.

Bouillon.

Mrs. R. B. McMicking.

1 shank of beef.	1 onion.
Small slice of ham.	Stalk celery.
Small carrot.	Blade mace.
2 lbs. shin of veal.	4 quarts water.
Small turnip.	Bunch of herbs.
3 peppercorns.	1-2 bay leaf.
3 cloves.	Salt.

Cook four hours; if cooked too long it will not be clear; strain, when cold take off fat, and cut off pieces of the jelly (rejecting the settlings, or adding that to the stock pot), reheat, strain. This second straining generally prevents the necessity of clarifying; add caramel, till the color desired; serve in bouillon cups.

Ox Tail Soup.

Mrs. (Dr.) I. W. Powell.

Notch an ox tail at all the joints, let it boil slowly all the afternoon the day before it is required, then stand all night. Skim every atom of grease, add an equal quantity of stock; boil all together an hour before using. Thicken with half a cup of brown flour blended with cold water; stir in slowly salt and pepper to taste. Serve with joint in each plate.

Windsor Soup.

Mrs. W. Monteith.

9 ounces of butter.	Yolks of four eggs.
2 ounces of flour.	$\frac{3}{4}$ of a pint of thick cream.
2 pints of stock.	Asparagus tips.
2 ounces of pearl barley.	

Put five ounces of butter in a stew pan when hot, add two ounces of flour, stir till brown, then add the stock hot; when the mixture boils add the pearl barley and let it simmer two hours. Then strain and simmer ten minutes, add the yolks of the eggs well beaten, and the cream and remainder of the butter, and heat carefully. Be sure "no" to boil. Add asparagus tips.

Cream Soup or Corn Soup.

Mrs. D. A. McTavish.

Take a can of corn and rub it through the colander with the potato-masher, using about a cup of water to get all the good out of the skins. Make a sauce with one quart of milk, one and one-half tablespoonfuls of flour, two tablespoonfuls of butter rubbed together. Season to taste with a little onion, salt, pepper and Worcestershire sauce. Let the corn boil about half an hour slowly, then add it to the sauce and strain all through a fine sieve and squeeze all but the coarsest part through with a spoon. It can then stand for a few minutes on the fire before sending to table, but not too long, or it may curdle. Just before taking from the fire add one-half to a cup of cream.

Tomato Soup.

Mrs. D. A. McTavish.

It is made the same way, only the sauce wants to be made a little thicker and the tomatoes are strained in the first place through a fine strainer and then boiled well. Before adding them to the sauce put about one-quarter of a teaspoonful of soda in them to kill the acid but not enough to make them sweet. Three-quarters of a can of tomatoes is enough for a quart of milk. It is well to let the sauce boil for about an hour in the double boiler, as that takes off any floury taste.

Spinach Soup.

Mrs. D. A. McTavish.

Is the same, only the sauce needs to be a little thinner and takes more milk, as the spinach has not much juice. A quart of nice little spinach leaves boiled for about six or seven minutes in just enough water to keep them from burning, and then strained from the water. The spinach is then rubbed through a fine sieve and added to the sauce; if not enough of the spinach flavors, add some of the water the spinach was boiled in. It would do just as well to make the sauce as thick as for the other soups, and add the water the spinach was boiled in, or at any rate part of it. This makes a very pretty soup, and is nice for company, with fried toast. Add a cup or a half cup of cream to each soup.

Wine Soup.

Mrs. Stadthagen.

Two cups white wine, one cup of water, two eggs, two dessertspoonfuls of flour, four of sugar, two slices of lemon. Put eggs, flour, sugar and lemon in a saucepan, pour the wine and water on it, take egg-beater and beat over slow heat just to a boil. Serve immediately with small marroons.

Tomato Soup.

Mrs. H. Hannington.

1 can tomatoes.	6 cloves.
1 pint boiling water.	6 pepper-corns or
1 tablespoonful sugar.	1 teaspoonful white pepper.
1 tablespoonful salt.	

Put all on to boil. Take one tablespoonful butter in pan, when sizzling add one chopped onion and let boil five minutes, then add one tablespoonful flour, boil a few minutes and add to the tomatoes. Boil for ten minutes, then strain and serve.

Split Pea Soup.

Mrs. Becker.

Put to soak over night one-half pint of peas. Add in the morning to two and one-half quarts of vegetable stock previously prepared, one pound salt pork or ham bone. Let it come slowly to a boil, stirring frequently. When thoroughly cooked strain through a wire sieve, passing the sediment with a wooden spoon; add pepper and salt to taste. Cut stale bread in small squares and fry in butter until brown, to be put in the soup just before serving.

Mock Bisque Soup.

Miss Smith, Menzies Street.

Cook one cupful of tomato until soft enough to strain. Scald one pint milk in a double boiler, blend together one tablespoonful of butter and level tablespoonful flour; stir gradually into the boiling milk and let simmer ten minutes. Add one-half teaspoonful of salt, a little white pepper, a pinch of soda and the strained tomato. Serve very hot with croutons or saltines.

Tomato Soup.

Mrs. A. Rocke Robertson.

3 cupfuls water.

1 can tomatoes.

1 good-sized onion.

8 whole cloves.

Let all boil together for half an hour, then strain through a wire sieve and return to the kettle with a dessertspoonful of sugar, a teaspoonful of butter, and pepper and salt to taste. When boiling add two tablespoonfuls of corn starch which has been moistened with water, and stir and boil until smooth.

Mullagatawny Soup.

Cut up a chicken, put into soup kettle with a knuckle of veal, a sliced onion, small carrot, celery, parsley, three cloves. Cover with four quarts water. When the chicken is nearly done take out, trim some piece neatly to serve



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with the soup, return all bones and skin to the stock. Simmer three hours. Now fry an onion, small carrot, stick of celery, sliced in a little butter. When light brown throw in tablespoonful flour. Stir one or two minutes, add one dessertspoonful of curry powder, then mix with a little of the stock; turn this all back into the stock kettle, simmer one hour. Half an hour before dinner, strain, remove all fat, return it to the stove with the pieces of chicken, and two or three tablespoonfuls of boiled rice. This will give time enough to cook chicken thoroughly.

Turkish Soup.

Miss McKeand.

5 cups brown soup stock (made with beef.)	
1½ cupfuls stewed and strained tomatoes.	
Piece of bay leaf.	¼ teaspoonful celery salt.
2 slices onion.	2 tablespoonfuls butter.
10 peppers (whole.)	1½ tablespoonfuls flour.
¼ cupful rice.	

Cook rice in stock until soft. Cook bay leaf, onion, whole pepper and celery salt with tomatoes thirty minutes. Combine mixture, rub through a sieve and bind with butter and flour cooked together. Season with salt and pepper if needed.

Mutton Broth.

Mrs. Trenchard, Metchosin.

1 cupful barley.	4 lbs. shoulder mutton.
1 gallon water.	1 onion.

Put all in together; after it comes to a boil simmer slowly for four hours. Salt while boiling. A little tomato catsup often adds flavor. Serve without straining.

Cream of Pea Soup.

Mrs. Justin Gilbert.

Turn off the liquor from a can of peas. Place peas in a kettle with one quart of new milk, and cook slowly one hour. Strain twice and add seasoning to taste—salt, celery salt, white-pepper, butter and the liquor. When serving add one teaspoonful of whipped cream to each bowl.

Soup Julienne.

Madam Charles Muriset.

Chop two carrots, two turnips, two heads of celery, few leaves of curly cabbage, two heads of lettuce, two onions, one tomato. Put into a saucepan one tablespoonful of butter, put in the onion and let brown, add celery and let dry, then add two quarts fresh bouillon, add cabbage, lettuce, sweet pea, cook till tender. Season with pepper and salt, and a little cerfeuil. Poach as many fresh eggs as you have guests at table, keep them in cold water till time to serve, put them in a deep dish, cover with hot bouillon, send them with the soup tureen and serve on in each plate.

Split Pea Soup.

Ladies' Home Journal.

1 cupful of dried split peas.	2 tablespoonfuls of flour.
8 cupfuls of cold water.	1 small onion.
2 cupfuls of milk.	Salt pork.
2 tablespoonfuls of butter.	Salt and pepper.

Pick over the peas, wash them, then soak in plenty of cold water over night. In the morning pour off the water and put the peas in a kettle with two quarts of cold water, a two-inch cube of salt pork, and the onion sliced. Cook slowly until the peas have become very soft, stirring frequently from the bottom to prevent burning. It will probably require four or five hours to cook them properly. When they are done rub them through a sieve. Return to the kettle and let them boil again. Beat the butter and flour to a cream, and after thinning it with a little of the boiling soup stir the mixture into the soup. Season with salt and pepper. Add the milk, and, when the soup boils up, serve.

Veal Broth.

Cut four pounds of scrag of veal into small pieces, and put into a stewpan. Pour over three quarts of water, and place over the fire. Skim carefully. Add an onion, a turnip, three blades of mace, and a little salt. Stew all slowly for two hours. Then strain through a sieve and add a quarter of a pound of rice that has been boiled tender. Boil ten minutes more and serve.

Pea Soup.

Mrs. James Hutcheson.

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| 1 pint of water. | 2 tablespoonfuls flour. |
| 1 pint of milk. | 1 tablespoonful butter. |
| 1 pint peas. | |

Wash pods thoroughly and shell, boil pods till tender, using the same water to boil peas. When cooked strain peas through vegetable strainer and add to the water, milk and butter; thicken with flour, add salt and pepper to taste. If a little cream is used omit butter. Celery, potatoes (two to a pint), tomatoes or any other vegetable soup may be made the same way.

Ox Tail Soup.

Mrs. (Dr.) I. W. Powell.

Notch an ox tail at all the joints, let it boil slowly all the afternoon the day before it is required, then stand all night. Skim every atom of grease, add an equal quantity of stock; boil all together an hour before using. Thicken with half a cup of brown flour blended with cold water; stir in slowly salt and pepper to taste. Serve with joint in each plate.

Normandy Soup.

Miss A. Fox.

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| 1 knuckle of veal. | 1 quart of cream. |
| 4 quarts cold water. | 2 tablespoonfuls of butter. |
| 1 quart white button onions. | 2 tablespoonfuls of flour. |
| $\frac{1}{2}$ of baker's loaf. | Salt and pepper to taste. |

Put the veal in a soup kettle with the onions and water. Let it simmer slowly for two hours, then add the bread, cut in slices. Let it simmer two hours longer; then remove the knuckle and press the remaining ingredients through a sieve. Return it to the soup kettle; put the butter and flour together to a smooth paste, stir it into the boiling soup and stir constantly until it thickens. Add the cream, salt and pepper and serve. This soup is delicious.

N. B.—Less cream can be used and it is still a good, rich soup.

Cream of Fish Soup.

Mrs. (Dr.) Watt, William Head.

1 tablespoonful butter.	2 tablespoons flour.
1½ pints fish stock.	1 pint milk.
Yolk of one egg.	

Water in which halibut or other white fish was boiled, together with an onion, six pepper corns and as many allspice, is saved for this stock. Cook butter and flour together. Heat stock and milk. Add gradually stock and milk to butter and flour. When it boils put in double boiler. Before serving add the yolk, previously stirred in a cup with a little of the soup. Care must be taken that butter and flour be not cooked so much as to turn yellow, and that the stock and milk be slowly stirred in warmed lumps. The same recipe, using vegetable stock instead of fish stock, makes delicious cream of asparagus, onion, potato and cauliflower soups. The same recipe with half the quantity of stock and milk makes good fish or vegetable sauce.

Ochra Gumbo.

Mrs. D. A. McTavish.

A New Orleans Recipe.

Three or four dozen ochra, one and one-half or two lbs. of the breast or neck of veal, one large tablespoonful of lard, one tablespoonful of flour, one slice of ham, one-half large green pepper, two large tomatoes, one teaspoonful salt, a little parsley chopped fine. Chicken will do instead of veal. Cut the meat into small pieces about the size of an egg, and rub the flour and salt on the meat. Cut the ochra into very thin slices crossways; cut the tomatoes into thin slices, put the saucepan on the fire; when hot put the lard in; as soon as melted put in the meat; stir it as soon as it changes colors and is thoroughly heated without being cooked, add the ochra. Stir the whole, and as soon as the ochra is a very green color, pour into the saucepan containing all the ingredients one pint boiling water, lastly the ham and parsley. A wooden spoon is always used in stirring to prevent the ochra looking black. Simmer gently four or five hours. Gumbo is always eaten with boiled rice, the same as curry is.

An East Indian Soup.

Mrs. Colquhoun.

Put one tablespoonful of butter into a kettle, add two onions sliced, a small carrot chopped very fine, and half a cupful of chopped celery. Push on the back part of the stove; cook for fifteen minutes, being careful that the butter does not become discolored. Add a quart of water, a bay leaf, a dash of cayenne, a salt spoonful of white pepper, a teaspoonful of salt, a tablespoonful of chopped parsley and thyme; moisten a teaspoonful of curry and add it last, simmer gently for ten minutes and strain. This soup should be perfectly clear, and of a yellowish shade when it is finished. Add to it, just as it is ready to serve, five tablespoonfuls of rice that has been carefully boiled.

Puree of Clams.

Mrs. (Dr.) Watt, William Head.

1 quart of clams.	$\frac{1}{2}$ saltspoonful pepper.
$\frac{1}{2}$ bay leaf.	1 cupful cream.
2 tablespoonfuls minced onion.	2 tablespoonfuls butter.
1 pint milk.	2 tablespoonfuls cornstarch
1 teaspoonful salt.	

Cook hard parts of clams chopped fine, with bay leaves and onion, and water to cover, for half an hour. Strain and put the water on to boil again with the milk. Cook the soft parts in the clam liquid or water for five minutes, then rub them through a strainer into the milk. Add salt, pepper and cream, and when boiling thicken it with the corn starch stirred smoothly into the hot butter.

Brown Flour.

Mrs. (Dr.) I. W. Powell.

Fill a baking pan with flour, have a moderate fire; let the flour brown for three hours. Stir occasionally to prevent burning. When sufficiently brown put into a covered jar or can, and use for thickening stews, soups, gravies, and when a rich, dark color is desired. Flour done in this way will agree with the most delicate digestion, while hastily cooked flour will frequently produce an opposite effect.

Potato Soup.

Mrs. Jenkinson.

Four medium potatoes and one onion, boil into a pint of water until soft, rub through colander; have ready one quart boiling milk, add a pinch mace, one piece loaf sugar, pinch cayenne and salt to taste, also tablespoon butter.

Oyster Soup.

M. L. McM.

1 pint (Olympian).	1 tablespoonful flour.
$\frac{1}{2}$ pint of milk.	$\frac{1}{2}$ pint thick cream.
2 ounces butter.	

Put the oysters with the water on the stove to plump. Don't boil them; pour through the colander; let the oysters remain in the colander. Put the butter into a saucepan, stir in the flour, let it cook few minutes, stirring well with the egg-whisk, and gradually the oyster juice and half a pint of milk and the cream (which has been brought to boil in another vessel); season carefully with cayenne and salt, skim well, then add oysters. Don't let it boil, but serve immediately. Serve with oyster crackers.

Caramel.

(Burned Sugar to Color Soups, Gravy, etc.)

Mrs. G. A. McTavish.

Put about one-half lb. brown sugar in a pan in the oven. When nearly black pour in enough boiling water to melt it. When cold, bottle it for use.

Another Burned Sugar to Color.

One saucer of sugar, (brown is best); one-half tumbler of cold water; let it boil till it smells strong and is dark; add one-half pint more cold water; let it cool and bottle for use.

Croutons for Soup.

Cut slices of bread, and butter them; cut into small squares, put into a pan, buttered side up, and brown in a quick oven.

Clam Soup.

Mrs. D. A. McTavish.

Boil twenty-five large clams (cut up in small pieces), in two quarts water. Thicken with a tablespoonful of butter and one of flour, rubbed well together; salt and pepper. When ready to dish beat the yolks of four eggs with one pint of milk and a little mace. Stir it in the soup but do not let it boil or it will curdle.

To Make Roux.

A "Roux" is a mixture of butter and flour cooked. If the roux is intended for a white sauce it is not allowed to color; if for brown sauce it may color a little or browned flour may be used.

Egg Balls for Soup.

Rub the yolks of four hard-boiled eggs with a little melted butter, to a paste. Add a little pepper and salt, beat two raw eggs and add to above, with flour enough to make them hold together. Make into balls, put in soup and boil one minute.

Noodles for Soup.

Take two eggs, one-half an eggshell of water, pinch of salt, mix stiff with flour, lay on a napkin to dry; roll like jelly cake, cut as thin as wafers.

Herb Powder for Soups.

It is not always possible to obtain fresh herbs, and so a good way to obtain a flavoring for soups is to procure them in season fresh, just before they begin to flower; dry them in a warm, but not hot, oven; pound them fine and pass through a wire sieve. The powder should then be put into small bottles, stoppered closely, and kept dry. The proportions are as follows: Two ounces of sweet marjoram, two ounces of winter savory, two ounces of dried parsley, two ounces of thyme, half an ounce of bay-leaves, a quarter of an ounce of celery-seed, an ounce of sweet basil, and an ounce of lemon-peel.

To Flavor with Lemon Zest.

Never use the white part of the peel of a lemon for flavoring. The little globules of oil in the surface of the rind contain all the pleasant flavor of the peel. Rub loaf sugar over the surface. The friction breaks the oil ducts, and the sugar absorbs the oil. This is called yeast. The sugar is afterwards pounded fine for certain dishes, such as creams, meringues, etc., or can be simply melted in custards and beverages.

FISH

'Twas merry when you wagered on your angling,
When your diver did hang a salt-fish on his hook,
Which he with fervency drew up.

—Antony and Cleopatra.

Great care should be taken to preserve the freshness of fish, as no other food deteriorates so rapidly in flavor. Do not let fish stand in the water or the best flavor will be lost, and just before using wash once quickly in cold water. The method of cooking which retains most nourishment is broiling, baking is next best, and boiling poorest of all. Steaming is better than boiling. Your fish-kettle should be an oblong covered boiler, in which is a perforated tin plate, (with a handle at each end), on which the fish rests when boiling, and with which it is lifted out when done and placed over the top to drain a moment or two, it is then easily slipped off to the platter. To steam it, put something under the perforated tin, to keep it up about three inches above the water; refill with boiling water from the kettle as it boils away. Fish should never be allowed to boil hard. Just simmer. Instead of serving fish boiled or fried in the same old way, try some of the newer and more attractive and appetizing methods. Under baking, boiling, as "court au bouillon," which is merely boiling the fish in a vegetable broth flavored with certain herbs and spices. The French owe their fame as cooks largely to

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their skill in combining ingredients, flavors and seasonings, and their artistic methods of serving, producing from cold fish, meat, or vegetables, and stale crusts, with the addition of condiments, dishes both handsome and delicious.

Planked Fish.

Every lover of good things to eat knows the peculiarly palatable flavor of planked shad, planked Spanish mackerel or any of the delicate white-meated fish similarly prepared. The sensitive taste of an epicure is not necessary to distinguish the distinctive flavor which wood adds to the dish.

To the Indian is ascribed this perfection of all methods for cooking fish. The camper, the hunter, the fisherman, tasting it, found it good, and adopted the methods employed by their Indian guides.

The cult was not slow in spreading, and today the most notable and certainly most high priced method of serving fish in our best restaurants is *en planche*. The French chef with all his cleverness has never improved upon the original method.

Fish that may be planked to the best advantage are shad, white and blue fish, bass, butter-fish, herring, mackerel, pompano, red snapper, salmon-trout and pickerel. The plank is a matter of primal importance. It must be of hard wood, well seasoned, preferably cedar, ash, hickory or cherry, cut in dimensions to fit the oven. It should be about an inch and a half thick at least.

It requires a very hot fire in a coal-stove to plank a fish properly, but the steady, strong, fine heat of the gas flame in the upper chamber of the gas-stove is almost, if not quite, as good for the broiling as the coals of a camp-fire. Before using the plank, turn on both burners under the oven and lay the plank in the broiling chamber for fifteen minutes. Turn the board around, up and down, so as to be evenly heated all the way through. Split the fish down the back, then lay on the plank, skin side down. It should be perfectly straight. If too wide, gather the thin skin in the middle of the fish into a slight fold. Brush over with melted butter, olive-oil or salt-pork drippings, and dust with salt and pepper. If you have an open fire, stand the plank slantwise in front of it, the bottom resting in a dripping-pan to catch the exuding juice. If you use the gas range, cook under the flame. If the coal range,

put in the hot oven and bake half an hour or until the surface is brown and the flesh firm and flaky. Keep hot a mixture of melted butter and lemon-juice seasoned with a dash of cayenne, and baste frequently. If the roe accompanies the fish do not try to plant it, as is often done, in the center of the fish, as it leaves a raw, unbrowned spot on the fish. Bake it separately, first having parboiled it in boiling water, lightly salted and acidulated with a table-spoonful vinegar. Drain, cover with cold water, let stand five minutes, then wipe dry and bake in a buttered pan, or broil five minutes on each side. In serving the fish the roe is laid on the top and adds to the garnishing. Meantime the delicate fish is absorbing the fragrant odors of the heated wood. These, blending with the bubbling juices of the fish, impart the flavor so greatly prized. While the fish is cooking, boil potatoes and press through a ricer. Season with salt, pepper, butter and cream to make quite soft. Beat with a fork until creamy and white, then press through a pastry-tube, rose fashion, all along the edge of the fish on the board. Put back in the oven for a moment or two and allow it to brown delicately. Garnish with bunches of parsley, thin slices of lemon covered with minced parsley, and lemon cups filled with sauce Hollandaise, sauce tartare, olives or jellied cucumber. Other decorations added at will are cucumber spirals, little fagots of asparagus tips or sliced pickles. Of course the fish is sent to the table on the plank on which it is cooked. This may be put on a silver salver, a size larger than the plank. The plank, by the way, should never be washed, but simply rubbed with a dry cloth. A board properly cared for will last for twenty-five years in the average family.

Halibut au Lit.

Wipe two slices of chicken halibut, each weighing one pound. Cut one of the pieces in eight fillets, sprinkle with salt and lemon-juice, roll separately, and fasten each with a small wooden skewer (toothpick). Cook over boiling water. Cut the remaining slices in pieces the size and shape of scallops. Dip in crumbs, egg, and crumbs, fry in deep fat, and drain on brown paper. Arrange a steamed fillet in the center of each fish-plate, place on top of each a cooked mushroom cap, and put fried fish at both the right and left of the fillet. Pour around the following sauce:

Melt three tablespoonfuls of butter, add three tablespoonfuls of flour, and stir until well blended; then pour on gradually, while stirring constantly, one cupful of fish stock (made from the skin and bones of the halibut). Bring to the boiling-point, and add one half cupful of cream and three sliced mushroom caps. Season with salt and pepper. The mushroom caps on the filets should be cooked in the sauce until they are soft.

Fish Cakes.

Mrs. W. Monteith.

- 1 pound cold fish.
- $\frac{1}{2}$ pint thick brown sauce. (Espagnole.)
- 1 dessertspoonful anchovy sauce.
- 6 gherkins.
- 1 egg.
- 2 ounces bread crumbs.

Make the brown sauce hot, stir into it the gherkins chopped fine and the anchovy sauce. When the mixture cools add the fish flaked, pepper and salt to taste. When quite cold form into little cakes, egg, bread crumb and fry. Serve with cold mayonnaise sauce.

Salmon Pudding.

One can of salmon, one cupful of bread-crumbs, three eggs, four tablespoonfuls of melted butter, one tablespoonful of chopped parsley, salt and pepper. Sauce—One cupful of milk, liquor of the salmon, one teaspoonful of cornstarch, one tablespoonful of melted butter, one lemon.

Drain the liquor from the salmon and save it for the sauce. Chop fine the fish and the parsley, add to it the butter, bread crumbs, pepper, salt and the well-beaten eggs, reserving one yolk for the sauce. Mix and pack well in a buttered dish, and steam one hour. A double boiler may be used. Turn it out on a platter and pour around it the sauce made in the following manner: Put the milk and liquor of the salmon on to boil, add the cornstarch moistened with a little milk, the butter and salt. When it has thickened remove from the fire, add the beaten yolk of egg, and the juice of half the lemon. Garnish with the remainder of the lemon cut in very thin slices.

Philadelphia Fried Oysters.

Philadelphia for years has held the palm for fried oysters, but there are fried oysters and fried oysters even in Philadelphia. Here is an old family recipe for the best fried oysters that I have ever eaten. It has never been published before, and every housewife will do well to cut it out and paste it in her family scrap-book for present and future reference. The oysters selected should be the largest and finest that the market affords. Rinse quickly with cold water and lay carefully in a colander to drain. Spread each one in turn on the baking-board and pat quickly and gently with a soft old napkin until dry, handling as little as possible.

Take a steel fork and catch it in the eye of the oyster, dip in egg and then in fine cracker dust back and forth. Use two eggs for a dozen and a half oysters. Beat them up together, add a pinch of salt and a tablespoonful of boiling water. Have ready a frying-pan, not too deep, with plenty of smoking-hot olive oil or sweet lard, to which is often added a little butter to aid in making the oysters crisp and brown. Put in only enough oysters to cover the bottom, without crowding. When brown on one side turn over on the other, always with the fork in the eye of the oyster so as not to let the juice escape. Cooked in this way the oysters are always perfectly free from fat, plump and wonderfully delicious. Do not use too much cracker dust, as that tends to disguise the flavor of the oyster.

Halibut Timbale.

Take one pound of good halibut, wash, drain, remove skin the bone, cut into pieces and run through the food chopper, then pound to a paste and rub through a sieve. Stir into this pulp half a cupful of whipped cream, half a teaspoonful of salt, a dash of red pepper, and the stiffly beaten whites of three eggs. Mix lightly and carefully.

Turn into a fish mold which has been well buttered. Stand in a pan of hot water, cover with a buttered paper and cook slowly in the oven until firm.

Turn out on a hot platter, pour around lobster sauce and serve hot. To make the sauce have ready two-thirds of a pint of rich cream sauce. Add a scant cupful of cooked lobster meat diced. Season with salt, pepper and lemon.

Smothered Fish.

Ladies' Home Journal.

Fresh fish.	Potatoes.
Salt pork.	Seasoning.
Onions.	

In Canada this dish is greatly relished on a cold winter night. To make it put six or seven slices of fat salt pork in a frying-pan and fry slowly. When the pork is brown take it out and put in the fat five or six sliced onions of medium size. Cook the onions until they are about a third done; then skim out the onions and lay pieces of raw, fresh fish on the bottom of the pan. Over this spread some of the onion, adding a dash of salt and pepper. Cover the onions with sliced raw potatoes and a sprinkling of salt; then put on another layer of fish, which should be covered with more onions, salted and peppered. The top layer of the dish should be formed of sliced raw potatoes, also seasoned. Cover closely, and cook slowly on a part of the range where the dish will not burn, until all the ingredients are thoroughly cooked. It will take an hour or more to accomplish this.

Cold cooked fish and cold boiled potatoes may be used in place of the raw material, but in that case the pork and onions should be prepared just as if all the ingredients were raw.

Stuffed Halibut Steak.

- 2 one-inch-thick halibut steaks.
- 6 slices of thin salt pork.
- 1 cupful of bread crumbs.
- 1 tablespoonful of melted butter.
- 1 tablespoonful of chopped parsley.
- 1 tablespoonful of chopped onion.
- Salt and pepper to taste.

Remove the bones from the steaks, then wash and dry them thoroughly; lay one steak in a buttered baking-pan. Mix together the bread crumbs, butter, parsley, onion, salt and pepper; lay this dressing on the top of the steak, and over that put the other steak. Over the fish lay the salt pork. Bake for forty minutes in a hot oven. Serve with a white sauce containing a little chopped parsley.

Filets of Flounder.

2 medium flounders.
 $\frac{1}{2}$ teaspoonful of anchovy essence.
1 tablespoonful of flour.
1 tablespoonful of butter.
1 bay leaf.
1 blade of mace.
Lemon juice
2 ounces of grated cheese.
1 tablespoonful of chopped cooked lobster or shrimps.
Salt, pepper, red pepper.
1 cupful of milk.
1 tablespoonful of thick cream.
1 tablespoonful of chopped parsley.
1 teaspoonful of onion juice.
2 yolks of eggs.

Skin and filet the flounders, wash the bones and skin; put them into a saucepan with the milk, onion juice, mace, bay leaf, salt and pepper; simmer very slowly for forty minutes. Wash and dry the filets, lay them, skin side uppermost, on a board, sprinkle each with salt, pepper and lemon juice. Mix the chopped lobster or shrimps with one tablespoonful of the grated cheese, yolks of eggs, salt, pepper and red pepper; lay a little of this mixture on one half of the filets, fold over the other half, put into a well-buttered baking-tin, cover with buttered paper and bake for half an hour; lift out and place upon a towel to drain: add any liquid in the baking-tin to the bones. Put the butter and flour into a saucepan, stir till smooth, then gradually add the milk from the bones; boil for five minutes, stir in the cream, anchovy essence and a few drops of lemon juice. Arrange the filets around a dish, strain over the sauce, taking care to coat each filet. Sprinkle every other filet with grated cheese and brown in the oven; then sprinkle the filets between the cheese with chopped parsley,

Halibut a la Creole.

Miss A. Macrea.

Layers of halibut seasoned, and tomato sauce. Bake until tender; do not let boil; stand dish in a pan of water.

Salmon Souffle.

- 1 small can of salmon.
- 2 tablespoonfuls of cornstarch.
- 1 tablespoonful of butter.
- $\frac{3}{4}$ cupful of milk.
- 3 eggs.
- $\frac{1}{2}$ teaspoonful of onion juice.
- 1 teaspoonful of chopped parsley.
- $\frac{1}{2}$ cupful of bread crumbs.
- Salt and pepper to taste.
- 1 teaspoonful of lemon juice.

Drain the liquor from the salmon, removing the skin and bones; blend the butter cornstarch in a saucpan over the fire; gradually add the milk—stirring constantly—until thick and smooth. Season nicely with salt and pepper; remove from the fire, add the yolks of the eggs well beaten, the lemon juice, onion juice, parsley and bread crumbs. Fold in the beaten whites of the eggs; turn the mixture into a buttered baking dish and bake in a moderate oven for about half an hour. The baking-dish should be placed in a pan of hot water. Garnish with parsley and serve immediately.

Clam Omelet.

- 1 cupful of hot chopped seasoned clams.
- 6 eggs.
- 2 tablespoonfuls of butter.
- Salt and pepper.

Heat the butter in an omelet-pan; beat up the eggs, season them with salt and pepper, pour them into the hot pan; draw the eggs from the edge to the centre as fast as they are cooked. Cook very slowly until all is thickened, place one half upon a hot platter, pour over the hot clams and cover with the remaining half of the omelet. Serve at once.

To Broil Salmon.

Mrs. John Brown, "Cherrybank."

Cut the slices from the thick part of the fish, butter a piece of paper, put in the slices, broil them over the fire for fifteen minutes, take off the paper, dish them on a napkin, garnish with parsley.

Baked Oysters.

3 dozen oysters.
3 cupfuls of milk.
3 cupfuls of bread crumbs.
 $\frac{3}{4}$ pound of cheese.
1 heaping tablespoonful of butter.
Salt and pepper.

Butter a fireproof dish and cover the bottom with a layer of the breadcrumbs; lay in twelve of the oysters, sprinkle them lightly with salt and pepper and add a few pieces of butter; cover with grated cheese and a layer of breadcrumbs. Repeat with each twelve oysters. Cover with the milk and let the last layer be a thick one of the grated cheese. Bake in a hot oven for thirty minutes, or until the cheese puffs high and brown. Serve hot.

Deviled Clams.

Take twenty-five nice white clams, open and chop very fine, cook until tender and then add the following:

Two eggs well beaten, one teaspoonful of prepared mustard, butter size of an egg, five tablespoonfuls of cream; add enough pepper to make it spicy, and salt to taste. Have the clam shells clean and warmed. Fill and place in the oven and brown very quickly; serve hot; or put in a buttered dish, and sprinkle bread crumbs on top, cook in hot oven twenty minutes.

Scalloped Fish.

3 cupfuls of cooked fish. 3 tablespoonfuls of butter.
3 cupfuls of milk. 2 eggs.
3 tablespoonfuls of flour. 1 teaspoonful of salt.
 $\frac{1}{2}$ teaspoonful of pepper.
1 tablespoonful of chopped onion.
1 teaspoonful of chopped parsley.

Pick over the fish and break it into small pieces. Make a cream sauce by blending the flour, butter and milk together. Boil for a few minutes, then add the eggs well beaten. Add the fish, salt, pepper, onion and parsley; put into a buttered baking dish, cover with fine breadcrumbs and dot with pieces of butter; bake in a moderate oven for half an hour.

Shrimps Creole.

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| 1 can of shrimps. | 3-lb. can of tomatoes. |
| 1 bay leaf. | 2 large onions. |
| 1 chopped green pepper. | 1 tablespoonful of butter. |
| 1 teaspoonful of chopped parsley. | |
| 1 clove of garlic. | |

Slice the onions, and the clove and garlic, then brown them slightly in the butter; add the chopped pepper, bay leaf, parsley and tomatoes. Use only half of the tomato juice in the can or it will be too thin. Simmer until well cooked. Saute the shrimps in a little butter, add them to the tomato mixture, season to taste, and cook for fifteen minutes longer.

Deviled Crabs.

- 1 pound can of crab meat.
- 2 raw eggs.
- 2 hard-cooked eggs.
- Juice of small lemon.
- 1 cupful of cracker crumbs.
- 1 tablespoonful of Worcestershire sauce.
- 2 tablespoonfuls of tomato catsup.
- 2 tablespoonfuls of salad dressing.
- 2 tablespoonfuls of melted butter.
- Salt and red pepper.

Break the crab meat with a fork, add half a cupful of the crumbs, salt and red pepper, the yolks of the hard-cooked eggs—rubbed through a sieve—the melted butter, Worcestershire sauce, tomato catsup, salad dressing, lemon juice, the raw egg yolks, and the whites of the eggs beaten stiffly. Fill the crab shells full and round, and sprinkle the tops with crumbs; bake in a moderate oven for twenty minutes. Serve with lemon slices.

Creamed Crab.

One pint of very thick cream, one dessertspoonful flour, two crabs, one teaspoonful salt, one saltspoonful mustard, one-half saltspoonful cayenne pepper. Heat cream in double boiler, mix flour, salt, mustard and pepper in a little cold cream and pour in the heated cream. Cook ten minutes and put in picked crab. Serve hot.

Nantucket Fish Chowder.

Allow one-half pound clear salt pork to one medium sized codfish. Cut the pork into slices. Fry it till crisp.

If you have a large round-bottomed pot to make the chowder in, it is well to begin by frying the pork in it; but if you have only the ordinary range pots, a spider will be more convenient for frying.

When the pork is crisp and brown, take it out of the fat, and put into the fat two or three onions, sliced. Let the onions fry till brown, stirring them so they will not burn. A sure way to prevent burning is to add a little boiling water to the fat before the onions are put in; but in that case they will not brown. Cook until soft. Turn the onions when done into the pot in which the chowder is to be made; pour in the fat, also, but do not put the pork in unless you like it.

Chop the pork fine before frying. Cut the fish into convenient-sized pieces. Put them into the pot, with the fat and onions. Pour in boiling water until the fish is covered and the water stands three or four inches above it. As the water boils away, add a little more, taking care that it is boiling hot. Cook until the fish is done, which will be in about twenty minutes. Have ready a thickening made by mixing three heaping tablespoonfuls of flour very smoothly with a little water; then add a half-pint more of water or milk with salt and pepper to season. Turn this into the chowder, stirring carefully until well blended. Let it boil once and the chowder is done.

Creamed Oysters.

Mrs. Charles Rhodes.

Strain oysters enough for use. Take one-half cup of clear soup and put into it a very little ham or bacon chopped very fine, also four or five stones of olives; boil fifteen minutes. Take another saucepan and put into it a small piece of butter, into which when hot stir one tablespoonful of flour. When well mixed add soup, juice and two or three spoonful of milk to make white, and the meat of olives (stuffed, if you have them), chopped fine, and lastly oysters. Season with red pepper and salt; if too thick add a little juice or milk until the right consistency.

To Dress Cod's Head and Shoulders.

Mrs. John Brown, "Cherrybank."

Take a good cod, cut the head and shoulders the size you want, put the fish upon a board, pour boiling water upon it, then scrape black off, but do not take off skin. When white lay it in salt for a time before boiling it. When you are to dress it, have a pan with plenty of boiling water and salt, and a little vinegar; boil fish half an hour; don't keep cover close; skin the tail-pice, cut it into small pieces, roll them, then tie them, brush them over with a beat egg, and stew bread crumbs over them; have frying pan with plenty of lard very hot, put in filets, fry ten minutes, turn them, fry ten minutes more, then lay them upon a sieve before the fire to drain. Dish upon a napkin, lay the filets round them, garnish with parsley.

Salmon Souffle.

Mrs. R. B. McMicking.

- | | |
|----------------------------------|---------------------|
| 2 tablespoonfuls butter. | 1 pint milk. |
| 2 tablespoonfuls flour. | 1 teaspoonful salt. |
| 1 teaspoonful anchovy sauce. | Pepper to taste. |
| 1 tablespoonful onion juice. | 1 cup bread crumbs. |
| 1 tablespoonful chopped parsley. | |
| 3 eggs beaten separately. | |

Take one can of salmon, freed from skin and bones, beat very fine, make a white sauce, mix with the salmon, add the yolks beaten; lastly, fold in the white beaten stiffly. Turn into buttered dish, stand in pan of hot water, bake in moderate oven three-quarters of an hour; serve with or without sauce.

Escalloped Oysters.

Mrs. Wood.

Prepare bread crumbs or rolled crackers in bulk in the bottom of a pudding dish, then a layer of oysters, season with salt, pepper and butter, put in more layers of crumbs and oysters until the dish is full, finishing with crumbs. Pour over the oyster liquid and fill the dish with milk, put in hot oven, covered for ten minutes, remove cover to bake brown.

Baked Oysters.

Mrs. C. C. Michener.

Remove oysters from shells, then wash shells, dip oysters in melted butter to which a little lemon juice has been added, butter each shell, line with bread crumbs with which pepper, salt and a little finely chopped onion is mixed, place an oyster in each shell, cover with bread crumbs, place a tiny slice of thinly cut bacon on the top of each oyster; pour on a little of the melted butter and bake just long enough to cook bacon. Serve in the shells.

Tomato Sauce.

Miss A. Macrea.

To each can of tomatoes take two slices onion, one-half dozen cloves, pinch of soda size of a pea, put in saucepan and cook for ten minutes. Strain.

2 cups strained tomato.	$\frac{1}{2}$ teaspoonful salt.
3 tablespoonfuls butter.	$\frac{1}{4}$ teaspoonful pepper.
3 tablespoonfuls flour.	

Melt butter, add flour, then strain tomato.

Salmon Chartreuse.

Salmon chartreuse is, as a rule, served cold. It is made from boiled salmon and the ordinary aspic. Cover half a box of gelatine with half a cup of cold water and let it soak for half an hour. Put a tablespoonful of chopped carrot, the same of onion, two bay leaves and a little celery in a pint of water; bring to a boil, and add the gelatine; strain; add the juice of one lemon, half a teaspoonful of salt and a dash of red pepper. Put a layer of this in the bottom of the mould, then good-sized pieces of boiled salmon, or you may put on top of it, after the gelatine is hardened, a whole slice of carefully boiled salmon and pour over the remaining part of the gelatine. It must be cold, not stiff. Stand away to harden. Serve on lettuce leaves with mayonnaise dressing or a sauce tartare, or what is called green mayonnaise—mayonnaise that is colored with ordinary green coloring or parsley rubbed to a pulp to extract the color.

Fricasseed Salmon.

Miss Annie J. Fawcett.

Pick the fish clear from bones and skin and break lightly into flakes. Make a nice white sauce with milk thickened with flour, add butter, pepper and salt, and a good tablespoonful of anchovy sauce. Stir the fish lightly into the sauce and let it get heated through, but not boil.

Oyster Cocktail.

Mrs. R. B. McMicking.

Serve in punch or champagne glasses or bouillon cups. To every glass allow:

- 1 tablespoonful of lemon juice.
- 1 tablespoonful of strained tomato.
- 2 tablespoonfuls of tomato sauce.
- $\frac{1}{4}$ tablespoonful Worcestershire sauce.
- 2 tablespoonfuls Olympia oysters.
- 1 drop Tobasco sauce.
- A little salt.

If tomato catsup is very mild, put in no strained tomato and proportionately more catsup.

Fried Salmon Cakes or Balls.

Miss Annie J. Fawcett.

Mix the fish, freed from all skin and bone, with equal quantities of cold mashed potatoes. As in the first recipe, flavor with pepper, salt, spice, nutmeg, and anchovy sauce. Add one or two eggs and a little milk if needed. Form into cakes or balls, roll in flour and fry in lard a nice brown.

Baked Haddock with Fried Oysters.

Stuff a haddock with a cupful of bread crumbs mixed with melted butter, a teaspoonful, each, of chopped onion and cucumber pickles, and the yolk of an egg. Season with salt and pepper. Truss the fish in the shape of an S. Dredge with flour, cover with slices of salt pork and bake until brown. Garnish with fried oysters and lemon. Serve with tomato sauce.

Potted Salmon.

Miss Annie J. Fawcett.

This recipe is a great favorite and makes delicious sandwiches, and its success lies in not being afraid of using plenty of seasoning. To each cup of fish allow one-half teaspoonful of the spices (mixed spice, nutmeg, pepper and salt, and a little mace). Work it into a smooth paste with the anchovy sauce and a generous lump of butter. Pressed down into jars with a little melted butter poured over the top, it will keep for some time.

Deviled Clams.

Mrs. R. B. McMicking.

Serve Eight Persons.

- 2 quart pail of clams (with shells on).
- 2 tablespoonfuls of flour.
- Yolks of 2 raw eggs.
- 1 tablespoonful of chopped parsley.
- 1 cup of cream or milk.
- 1 tablespoonful of butter.
- 2 tablespoonfuls of dry bread crumbs.
- Salt and pepper to taste.

Remove clams from their shells. Drain and rinse them. Chop very fine. Scald the cream (or milk). Rub the butter and flour together until smooth, add to the scalded cream and stir until it thickens. Then add bread crumbs, eggs and parsley. Take from the fire, mix well together, stir in the clams, add salt and pepper. Do not add salt until the clams are stirred in, for they may flavor the mixture sufficiently. Fill clam, scallop or silver shells, brush over with the beaten yolk of an egg, sprinkle with bread crumbs and brown in a hot oven.

Crab Salad.

Take one pound of crab meat, and add a large tomato, a cucumber and a sprig of celery, chopped, mix with a little French dressing, and as you mix well add a tablespoonful of mayonnaise. Place on white lettuce leaves, add more mayonnaise when ready to serve, and garnish with sliced hard-boiled eggs.

Creamed Oysters.

Mrs. Wood.

Take equal amount of oysters and cream or a pint of each, and a small piece of onion cut very fine, and a small blade of mace; place the onion and mace in the cream; scald and then skin them out, thicken with a tablespoonful of flour made smooth in cold milk; season to taste with salt and pepper, scald the oysters in their own liquor until their beards begin to curl. Then skin them out and add to prepared cream; stir gently and serve at once.

Clam Chowder.

75 to 100 clams.

Onions, chopped.

4 slices of salt pork.

Crackers.

Clean the clams thoroughly, and if large, cut into small pieces. Fry the pork crisp, and chop. Sprinkle some of this in the bottom of the granite or porcelain kettle, lay upon them a stratum of clams, sprinkle with pepper and salt, and scatter bits of butter profusely over all. Next have a layer of chopped onions, then one of small crackers split and moistened with milk. On this pour a little of the fat in which the pork was fried. Repeat, beginning with the chopped pork. Proceed in this manner until all the clams are used. (The clams may be divided into two equal parts, making two complete layers.) Pour over all the liquid from the clams, and add enough water to cover all. Stew slowly, with the stew pan closely covered, three-quarters of an hour. If the chowder thickens too much while cooking, add more water.

Oyster Dressing.

A turkey filled with a forcemeat of oysters also has its delights. Make a dressing with one quart of oysters, and enough stale bread in very fine crumbs to fill the bird. Moisten with oyster liquor. Season to taste with salt, pepper and a stalk of celery chopped very fine. Add the oysters and mix well. A tablespoonful of chopped parsley, a bay leaf and a grated onion may be used instead of the celery. The quantity of seasoning here given is proportioned for every two cupfuls of bread crumbs used.

Oysters and Fresh Mushrooms.

1 cup mushrooms.	2 tablespoonfuls flour.
1 pint oysters.	$\frac{1}{4}$ cup sherry.
2 tablespoonfuls butter.	

Cut mushrooms small, put a little butter into a pan, and add mushrooms. Cook for five minutes, shaking the pan to prevent burning, add a little hot water, and cook till soft. Heat the butter and stir in the flour, and strain the water the mushrooms were boiled in into the flour. Let it boil up once. "Add to this the mushrooms and oysters, season with salt, pepper, and a dash of cayenne; add the wine. Serve on toast.

Salmon Cutlets.

Mrs. Hasell, Old "M.S."

Take cold salmon, pass through mincing machine, mix with little cream, anchovy, pepper and salt, make them into small cutlets, flour them, fry with butter over a slow fire, garnish with stewed cucumber and thick brown sauce, flavored with Worcestershire, Harvy and tomato sauces and tarrajon vinegar.

Celeried Oysters.

1 dozen large oysters.
1 tablespoonful butter.
1 tablespoonful minced celery.

Put butter in pan, add celery, then oysters; cover and cook until the oysters are plump and the edges begin to curl; add the seasoning and one tablespoonful of sherry; let it boil once. Serve very hot on toast.

Baked Codfish.

Mrs. Wood.

Soak the fish over night, cook in water enough to cover; when tender pick very fine. To each pint of fish add a teaspoonful of butter, two beaten eggs, one-half teaspoonful of pepper and one and one-half pints of potatoes; mix well together, bake in a pudding dish to a brown. Make a sauce of drawn butter in which cut up a hard-boiled egg.

Halibut Timbals.

Mrs. R. B. McMicking.

1 cup halibut.	1 sheet gelatine
Whites of two eggs.	1-3 cup cream.
1 teaspoonful lemon juice.	

Mix all together, steam in timbal cups. Serve with sauce.

Baked Whitefish.

Mrs. Wood.

Fill the fish with a stuffing of fine bread crumbs and a little butter, sew up the fish, sprinkle with butter, pepper and salt, dredge with flour and bake one hour, basting often; serve with parsley or egg sauce.

Creamed Clams.

Mrs. R. B. McMicking.

Cook two tablespoonfuls butter and one small onion, two dozen chopped clams; add to butter and onion, cook five minutes with the cover on; pepper, four drops tabasco. Beat two eggs (yolks), add half cup cream, pour over the clams, stirring over the side of the fire until slightly thickened.

Salmon Loaf.

To two cups of cold boiled, or one can of tinned salmon, add one and a half cups of cracker crumbs, one-half a nutmeg, grated, one-half teaspoonful mixed spice, pepper and salt to taste, and work well together with a lump of butter about as big as an egg, one tablespoonful of anchovy sauce and two or three eggs. Add a little milk if it seems dry. Press into a buttered mould, sprinkle crumbs and some bits of butter on the top, and bake for twenty or twenty-five minutes. Best hot, but can be eaten cold.

Fraser's Syrup White Pine and Tar Mentholated is good for a tight cough.

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MEATS

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O! The roast beef of Old England.

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Roast Ribs of Beef.

Madam Charles Muriset.

Procure prime beef, as many pounds as desired. With a sharp, slender knife, cut several slits on both sides, and put half a pod of garlic in each opening. Sprinkle with flour, season with salt and pepper, then pour over the meat a teacupful of best olive oil. Chop some parsley, celery and onions fine, add two tablespoonfuls canned tomatoes, and put into the baking-pan with the meat. Have the oven very hot at first, and brown well on each side, basting every few minutes. Let remain until rare or well done, according to taste.

To stew a Brisket of Beef.

Mrs. John Brown, "Cherrybank."

Take from ten to twelve pounds of the nine-holes of beef, bone neatly before rolling up and cording, sprinkle some pepper and salt on the inside, put on a very slow fire, in stewpan that will hold it easily, turning it occasionally till nice light brown; cover and let it simmer slowly for two or three hours; add one quart of good stoke and let it simmer two hours longer. Take a small stewpan and brown two ounces of butter and a little flour; before dinner take out the beef on dish, keep it hot, pour the gravy out of large stewpan into the small one, put on the fire and stir till it boils. Skim all fat off, add one tablespoonful of catsup, one of India soy, one of Chili vinegar, and one dozen of minced tuffle. Take off cord, dish the beef, pour sauce over it and garnish with parsley.

Pheasant Pate, Driard Style.

(With compliments of Miss A. Hartnagle, from Driard chef.)

Procure 2 plump pheasants.	12 chicken livers.
6 lbs. fat pork from the ribs.	12 truffles.

Bone the pheasants, remove the skin from the pork, slice off four pieces 3 x 4 inches long, the thickness of a knife blade from the lard. Chop the remainder into forcemeat with one tin of mushrooms, season all with salt, white pepper and white sage, a glass of sherry.

Line the saucepan with cold water. First place on the bottom one slice of the lard, then a layer of forcemeat, spread pheasants over a slice of lard each on the table, add a layer of forcemeat and five truffles on top of each pheasant; roll into a round form and place into the same pan as the forcemeat. Fill in all around with forcemeat, place the chicken livers around the edge and cover the remainder of the forcemeat; place the other slice of lard on top and put the lid on saucepan. Bake in a moderate oven for five hours, then withdraw, remove the lid, let cool over night; next day turn the pate out, wash the saucepan, cover its bottom with aspic jelly one-quarter inch thick; next let cool, then decorate an artistic design with truffle and the white of hard-boiled eggs; drop some melted aspic with a spoon to secure the decorations. When all is hard, put some aspic on and return the pate into the saucepan, fill in with jelly, place in jelly to harden. When wanted place the saucepan into warm water for a second and turn it out.

The Best Way to Bake a Turkey.

After the turkey has been drawn and trussed stand it in a shallow pan, add to the pan two teaspoonfuls of salt and half a cupful of boiling water—just enough to keep the pan from burning. Put it at once into a very hot oven. When the turkey is thoroughly browned take it from the oven, brush it over with butter, put it back, reduce the heat of the oven, and bake it slowly for fifteen minutes to each pound. There should be sufficient fat in the pan for basting. Do not add any more water to the pan. Just before the turkey is done baste the breast thoroughly with fat.

Stewed Ox Tail.

Mrs. Leonard Solly.

Before you stew the ox tail fry it in dripping till it is brown. One ox tail, enough water to cover it, a small onion stuck with six cloves, add a bunch of sweet herbs tied up in a muslin, a little bit of lemon peel. Salt and pepper to taste. Stew for two and one-half hours and make thickening with flour and butter to add to the gravy; boil it up and strain the gravy through a sieve. Half a wine glass of claret added to the gravy is a great improvement. Enough for two people.

To Make Giblet Sauce.

Put the giblets—the neck, the gizzard, the liver, the heart and the legs (skinned)—into a saucepan with a quart of cold water; cover and cook gently until the gizzard is tender—for about one hour. Strain. Chop fine the liver, gizzard and heart, and put them back into the water. After you lift the turkey from the pan pour off all but four tablespoonfuls of fat, add to this four level tablespoonfuls of flour, mix, and add the giblets and the water in which they were boiled. Boil for five minutes, add half a teaspoonful of salt and, if you like, a teaspoonful of Worcestershire sauce.

Partridge a la Reforme.

Mrs. Stuart Robertson.

Cut some cold partridge in half and put them breast side downwards in a stewpan, with some butter that has been previously melted; allow two ounces of butter to each bird; they will take from ten to fifteen minutes to brown, and should then be turned out with the gravy, to which a little stock and flour has been added. This is very nice when carefully done.

Cranberry Jelly

Wash and cook a quart of cranberries with half a cupful of water until soft. Strain through a colander, put on the fire, and when boiling add two cupfuls of sugar; cook ten minutes and turn out into a heart-shaped mold to harden.

Pigeons a la Mazarin.

Mrs. W. Monteith.

3 pigeons.	1 turnip.
$\frac{1}{2}$ lb. sausage meat.	1 egg.
1 pint stock.	Bread crumbs.
1 small onion.	$\frac{1}{2}$ pint tomato sauce.
1 small carrot.	Green peas to garnish.

Split the pigeons, take out the breast bone, and braise them with the stock and vegetables for half an hour. Then press them flat. When the birds are cold, spread the sausage meat over the outside of each. Then egg and crumb and fry in fat. Dish peas, in centre of dish place pigeons round and garnish with tomato sauce.

Stewed Grouse.

Mrs. Henry Helgeson, Metchosin.

After the grouse has been cleaned and thoroughly wiped out with a damp cloth, cut in pieces and flour. In a frying-pan cut up a few slices of salt pork. Fry the grouse in the fat. Remove all to a saucepan and add two cups water, one sliced carrot, a little thyme and sage, salt and pepper to taste. Stew slowly about two hours.

Cranberry Jelly.

Wash one quart of cranberries, put them in a saucepan with a pint of water. Cover the saucepan, boil for twenty minutes. Press the cranberries through a colander, return them to the fire, boil for ten minutes, add a pound of sugar, stir until the sugar is dissolved, boil for five minutes and turn at once into a mould.

Nice Way to Cook Veal Cutlets.

Mrs. W. W. Clark.

Cut the veal in small pieces three or four inches square, season to taste, have ready a beaten egg with cracker; dip each piece of the cutlet in the egg and then in the cracker. Have enough lard or butter to nearly cover them, and serve with good gravy.

Cold Meat Cookery.

Little Dinner or Supper Dish.

Cut thick slices of bread, without crust, into squares. Scoop out carefully the inside, leaving the bottom unbroken and the sides looking like a thick crust. Mince up some cold meat with a little of the gravy or butter to wet it, a boiled onion chopped up with it, pepper and salt. Have hot to put in the pie. Beat up one egg (this will make three) with a little milk, dip in your bread, fry in a hot pan with butter; turning them about to get a light brown color; fill the pies with meat and serve with bits of lemon and parsley. A little chutney is an addition to the meat.

Cold Meat Roll.

Mrs. H. Page.

$\frac{1}{2}$ lb. cooked meat.	8 cooked potatoes.
1 onion cooked.	Butter
Flour.	Pepper and salt.

Chop up the cooked meat and onion very finely, and season with pepper and salt. Mash the potatoes smoothly, and add to them a teaspoonful of butter or dripping melted, then whisk them over the fire to dry. Turn the whole out on the table and add as much flour as the potatoes will take up, and roll the potato paste out about a quarter inch thick, cut it into pieces about six inches square. Place on each piece a spoonful of the meat; wet the edges and double the paste over one side above the others and press the ends down. Place these oblong rolls on a greased tin and bake till they become a light brown color.

Fribot of Fowl.

Mrs. Stuart Robertson.

Cut into joints and skin some cold fowls, lay them in a deep dish and strew over a little fine salt and cayenne, add the juice of one lemon and let remain for one hour, moving them occasionally, then dip them one by one in French batter, and fry a pale brown over a gentle fire. Serve them garnished with crisp parsley. Send a tureen of tomato sauce or gravy to the table with the fowl.

Stewed Rabbit.

Mrs. Leonard Solly.

Cut it up, wash and wipe it. Flour it a little, put a little dripping in the pan and fry the pieces of rabbit a light brown. Then put it into a stewpan with a little gravy if you have it (if not, water will do). Cut up two onions and put in also. Stew gently for two hours or two hours and a half. Half an hour before the rabbit is done mix a little flour and Harvey sauce together and pour into the stewpan to thicken the gravy. Force meat balls to be made as usual with suet and herbs—to be fried a few minutes in the fat the rabbit has been fried in. Half an hour before the rabbit is done stew the force meat balls with the rabbit.

Chicken Cutlets.

Mrs. R. B. McMicking.

2 cups chicken, minced.	Teaspoonful salt.
3 drops Tobasco sauce.	Pepper.
Juice of half a lemon.	1 cup thick white sauce.
1 egg.	2 sheets gelatine.

Mix this and roll out to the thickness of an inch, cut into cutlet shapes, fry in boiling lard, pile a dish of potatoes, mashed and seasoned, and stand cutlets around, put the rest of the potatoes through forcing bag, and ornament; garnish with French peas.

Boiled Fowl—Poulet au Blanc.

Mrs. Leonard Solly.

Put in a saucepan one and one-half pints of milk and the same quantity of nice stock. Put in your fowl and when it comes to the boil, let it simmer for one hour. Now take one pint of the stock it has boiled in, thicken with one and one-quarter ounces of flour and make it very smooth. Add one ounce of butter and a little lemon juice, and just before using the sauce, stir in it one or two yolks of eggs very quickly so as not to curdle the egg. Dish the fowl and pour the sauce over and round it. This sauce must have the appearance of custard. The remainder of the stock the fowl was boiled in makes excellent white soup thickened with a little corn flour.

Excellent Savory.

Mrs. Raymur.

Cut one pound filet of veal into neat joints, put them in a stewpan; four carrots scraped and cut into quarters, one onion, sliced; one small rasher of bacon, some herbs and a bit of thin lemon rind, tied together in a piece of muslin. Pepper and salt. Cover the meat with equal quantities of milk and water. Closely cover the stewpan and let the contents simmer for one hour. Remove the herbs. Add yolks of two well-beaten eggs, and stir until the gravy thickens.

Beef Loaf.

Miss J. Scott.

4 pounds round of beef chopped fine.
4 soda crackers, rolled.
6 eggs well beaten.
 $\frac{1}{2}$ cup butter, melted.
Salt and pepper to taste.

Make in loaf and bake one hour.

French Batter.

Mrs. Stuart Robertson.

Cut two ounces of butter into small bits, add less than three-quarters of a pint of boiling water, and when dissolved add three-quarters of a pint of cold water. Mix with it slowly sufficient flour to make a smooth batter, add a little salt. Just before using add the whites of two eggs beaten to a strong froth.

Beef Loaf.

Miss McKeand.

1 lb. Hamburg steak.
1 cracker rolled fine.
1 egg.

Mix ingredients and season lightly with salt, pepper, onion juice and poultry seasoning if desired. Put in bread pan, dot over with pieces of butter and bake thirty minutes.

Jellied Chicken or Veal.

Mrs. R. B. McMicking.

Joint a chicken, boil in as little water as possible, add one blade mace, one onion, stalk celery; cook until tender. When cool cut in small pieces. Have soaked one sheet gelatine, add this to the liquid, strain, pour a small quantity in the bottom of a square mould, stand on ice to harden, cut a marguerite out of a sliced hard-boiled egg and put in the bottom, arrange a row of French peas around the edge and leaves of watercress, in any fanciful design, then put a layer of the white pieces of chicken in the bottom, taking care not to disarrange the ornaments, then a layer of hard-boiled eggs and minced mushrooms; dip slices of lemon in the chicken juice, and alternate them with slices of eggs around the sides of the mould, sprinkle cut olives and peas, and fill the dish up in this way, pour on the chicken juice cold, stand on ice or over night, turn out carefully, ornament corners (working upward) with mayonnaise or mashed potatoes, put through the pastry bag, lay lettuce leaves on the platter, dot with mayonnaise stars, olives, hard-boiled eggs, French peas, and tomato jelly, moulded in liqueur glasses.

Wild Duck.

Mrs. Stadthagen.

After the duck has been cleaned and hung for a day or two, cut into a saucepan a piece of butter with a small onion finely chopped; let it get gold brown, put in it the duck, which has been well covered with flour. When the bird has a nice color add a cup of water, two slices of lemon, a small bay leaf, pepper, salt to taste. Just before being done, add a glass of claret.

Good Way to Use Meat From Soup Bones.

Mrs. W. W. Clark.

Before thickening the soup or putting in vegetables, take out a bowl of the liquor, take meat from bones, chop fine, season good with catsup and spices, pour over the liquor which should be good enough to jelly when cold, put into moulds and serve cold in slices.

Raised Veal and Ham Pie.

Miss Kate Fox.

Ingredients—3 or 4 lbs. veal cutlets, a few slices of ham, seasoning of salt, pepper and (if liked) nutmeg and allspice, forcemeat, half pint good strong gravy.

Make a paste according to the following: To every lb. flour allow one-half teaspoonful salt, two eggs, one-third pint water, six oz. butter. Spread the flour, which should be sifted and dry, on the paste-board; make a hole in the centre, into which put the butter; work it into the flour and when quite fine, add the salt; work the whole into a smooth paste, with the eggs (yolks and whites) and water and make it very firm. Knead it well, and let it be rather stiff, that the sides of the pie do not tumble. Work the form of the pie out of the mass of dough, reserving a little, sufficient to cover the top. Then fill with veal, ham, forcemeat and season well. Make a hole in the centre of the lid and ornament the top with leaves of paste. Bake in a steady oven three or four hours. To ascertain when it is done run a skewer through the hole in the top and if the meat feels tender it is baked enough.

Have ready some ($\frac{1}{2}$ pint) good strong gravy, pour it through a funnel into the hole at the top and shake it (the pie) gently about so that the gravy will be equally distributed, stop up the hole again with the pastry leaf and put the pie away until wanted for use. They are more frequently served cold than hot. Should it acquire too much color in the baking, cover it with a white paper.

Scotch Mince Collops.

Mrs. D. A. McTavish.

Take a lean piece of beef, mince it very fine. If you wish them rich, add a little suet. Put them on the fire in a saucepan, keep constantly stirring with a wooden spoon, breaking all lumps till half cooled. Dredge with flour, then add a little water, salt and pepper. Put them on the fire again and stew slowly till perfectly ready. A teaspoonful of vinegar or catsup is a great improvement. Always serve with mashed potatoes.

Chicken Mousse.

To each cupful of seasoned chicken broth allow three egg yolks. Beat well and stir into the hot broth and cook till thickened. Soften one tablespoonful of gelatine in four tablespoonfuls of cold broth and stir into the hot broth. When dissolved pour over a cupful of finely chopped chicken, and as it thickens fold in one cupful of double cream, beaten solid. Pour into individual moulds and serve on lettuce hearts with French dressing.

Nice Way to Cook Real Tough Beef.

Mrs. W. W. Clark.

Cut the beef in slices, lay two or three pieces of butter at the bottom of a deep basin, chop one onion fine, sprinkle each piece with the onion and any kind of spices you like, pepper and salt; put half cup of water, cover over quite tight and let it cook three or four hours slowly in the oven. Thicken the gravy and serve hot. Good.

Veal Loaf.

Mrs. A. E. Webster.

One and one-half pounds veal well chopped, one-half pound fat bacon well chopped, teacupful strong gravy, one-half pound bread crumbs, three-quarters teaspoonful salt, pepper, and one-quarter teaspoonful grated thyme, yolks of two eggs. Mix well and press into well-greased mould. Bake one hour in a moderate oven.

Potted Beef.

Mrs. D. A. McTavish.

Take a piece of lean, tender beef, say two or three pounds; stew it in as little water as possible for five hours, leave it until next day, then cut it in small pieces and pound it in a mortar until it is quite fine. Season with pepper, salt, mace and nutmeg. It requires all the gravy to be used in pounding it. Put it in small jars or bowls, press tight and pour melted butter over it. Very nice for sandwiches or lunch and picnics.

Pressed Tongue.

Mrs. R. B. McMicking.

Boil a fresh tongue until tender, with a bunch of sweet herbs, four cloves, blade of mace, teaspoonful peppercorns, salt, one carrot, onion, parsnip. When cooked take up and remove the skin, put it into a round dish, straight sides, not too large, cover it with a small plate, close to the tongue, and stand a weight on, set it in a cool place to firm, loosen it with a knife. When ready to serve decorate with watercress, hard-boiled eggs, lemons quartered, and blocks of tomato jelly. To be thinly sliced horizontally. Four or five tablespoonfuls of liquid put on the tongue will jell around.

Beefsteak Pudding.

Mrs. John Brown, "Cherrybank."

Take one pound of flour, half pound of beef suet, mince it very fine, put them in a basin with a little salt; mix with hot water, make into a dough and roll it out half inch thick; butter a basin and line it with the paste. Have steaks cut of rump of beef, beat with rolling-pin, season with pepper and salt, mince two onions small, mix them with the pepper and salt, roll up the steaks and pack them neatly in the basin, add a little gravy and a tablespoonful of catsup egg the edge of the paste and fold it over closely. Butter the middle of a pudding cloth, shake some flour on it, tie it over the mouth of the basin, put into a pan of boiling water, boil it three hours. A quarter of an hour before you dish it, take it out of water, take off the cloth, and turn it on the dish you are to send to table. . When wanted draw off the basin and the pudding will drop out.

To Cook Liver.

Fry in a pan some thin slices of breakfast bacon, and when done put on a hot platter; fry then the thin slices of liver in the same fat, which have previously been thrown into boiling water for only a moment, and then sprinkled with flour. When well done on both sides, serve them and the bacon on the same dish; garnish with slices of lemons and chopped parsley. A rich brown gravy can also be made if wished.

Round Steak with Celery.

Mrs. J. D. Gordon.

Take a round of steak and fry in dripping until well browned on both sides, then add pepper and salt to taste, drain off the dripping and add water enough to barely cover, cut about a pint of celery stalks into small pieces, and add to the meat, cover closely and simmer for an hour, renewing the water if needed. Thicken with flour to use as gravy ten minutes before removing from the range. Serve on a platter, garnished with slices of tomatoes.

Jellied Veal.

Ladies' Home Journal.

A shank of veal
Some boiled ham.
Seasoning.

Have the market man saw the bone across a couple of times, so that the shank may easily be placed in the pot. Put it on to stew with water enough to cover well. When the water begins to boil skim and set the pot back where it will simmer gently for four hours. When the veal is tender take it from the pot, cut the meat off the bones, and put the bones back in the stock to boil still longer. Cut the meat in pieces about half the size of a hazelnut. Take up the bones and strain the stock through a fine sieve. Now place both the stock and the cut-up meat in a clean pot, adding salt and pepper for seasoning, and let them boil down until there is just enough stock to cover the meat. Cut some boiled ham in pieces about half an inch square, allowing two tablespoonfuls of ham to a quart of the veal. Place the ham on the bottom of a mould and pour the veal stock over it. Set aside in a cool place to jelly.

Timbales of Salmon.

Shred a can of salmon very fine and stir into it half a pint of whipped cream, then whip in the stiffly beaten whites of two eggs with salt and pepper to taste. Mix lightly but thoroughly, put in timbales, sprinkle with cracker dust and dot with butter. Put the timbales in hot water and bake in moderate oven until a delicate brown.

Savory Roast of Round Steak.

Ladies' Home Journal.

A thick round steak.

Onions.

Bacon.

Flour, salt and pepper.

Put the steak in a short-handled frying pan; spread a layer of sliced onions over it. Dredge with salt, pepper and flour, and over this lay thin slices of bacon. Put in a hot oven for twenty minutes, being careful not to let the bacon burn. At the end of that time add enough boiling water to cover the beef. Cover the frying pan loosely, and cook slowly for three hours, adding a little boiling water from time to time. When the steak is done lift it on to a warm platter. Put the frying pan on the stove and thicken the gravy with a tablespoonful of flour mixed with cold water. Season with salt and pepper, boil for a few minutes, pour a little over the meat and serve the remainder in a sauce-bowl.

MEAT AND FISH SAUCES

Epicurean cooks sharpen with coyless sauce his appetite.

—Antony and Cleopatra.

"Sauce to meat is ceremony,
Meeting were bare without it."

—Macbeth.

The French say the English only know how to make one kind of sauce, and a poor one at that. Notwithstanding the French understand the sauce question, it is very convenient to make a drawn butter, and by adding different flavorings, make just so many kinds of sauces. The drawn-butter sauce is simple, yet few make it properly, managing generally to have it insipid, and with flour uncooked. If a housekeeper has any pride about having a good table, she will be amply repaid for learning some of the French sauces. The French white sauces differ from the English as they are made with veal or chicken, or both, and some vegetable for a basis. If one would learn to

make the sauce Bechamel, it will be found an easy affair to prepare many delicious entrees, such as chicken in shells (*en coquille*), or in paper (*en papillote*). For boiled fish the sauce Hollandaise is a decided success. For fried fish the perfection of accompaniments is the sauce Tartare—a mere addition of capers, shalots, parsley and pickles to the sauce mayonnaise.

In the thickening of sauces, let it be remembered that butter and flour should be well cooked together before the sauce is added, to prevent the flour from tasting uncooked. In butter sauces, only enough butter should be used to cook the flour, the remainder added, cut in pieces, after the sauce is taken from the fire. This preserves its flavor.

Chicken Sauce.

(To serve with boiled or stewed fowls.)

Put butter the size of an egg in saucepan, when it bubbles add tablespoonful flour and slice of onion, cook, and add a pint or rather less boiling water, or chicken stock, when smooth, take from fire and add the beaten yolks of two or three eggs, and a few drops of lemon juice, pepper, and salt. Strain, serve very hot.

Espagnole Brown Sauce.

Mrs. W. Monteith.

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| 1 pint brown stock. | 1 onion. |
| 2 ounces butter. | 1 shalot. |
| 2 ounces flour. | Bouquet herbs. |
| 6 mushrooms. | Gill tomato puree. |
| 1 carrot. | 1 glass claret or sherry. |
| 2 ounces of raw ham or lean bacon. | |

Fry the vegetables and mushrooms a good brown in the butter, stir in flour and then stock, let it boil 30 minutes, then add tomato sauce and wine. Let it boil once. Strain through fine tammy.

Anchovy Sauce.

Add to half a pint of drawn-butter sauce two teaspoonfuls of anchovy extract or anchovy paste.

Mrs. A. Rocke Robertson.

Rub together butter and flour, add liquor of mushrooms, then add cream, put on fire, stirring until it begins to thicken, then add the mushrooms (which have been previously cut in half with a silver knife), and let all boil for a couple of minutes, or until the flour is cooked.

Make a drawn butter or white sauce; add oysters strained from their liquor, and just let them come to a boil in the sauce. Use the oyster liquor instead of water to thin, and a little cream, serve in sauce-boat for fish, boiled turkey or chicken.

Mrs. R. B. McMicking.

Melt butter, stir in flour, add milk, boil, remove from fire, stir in the beaten yolk, mix onion juice and parsley.

M. L. McMicking.

Make drawn-butter sauce and add enough of the stock in which the mutton was boiled to make it the right consistency, boil up once or twice, add capers, remove pan from fire, stir into the sauce the beaten yolk, with the juice of half a lemon.

Mint Sauce.

M. L. McMicking.

4 tablespoonfuls mint, chopped.
 2 tablespoonfuls sugar. 4 tablespoonfuls water.
 $\frac{1}{2}$ cup vinegar. 1 dessertspoonful salt.

Make the day before wanted that the vinegar may become impregnated with the mint.

Currant Jelly Sauce (for Venison).

Take one small cup sherry, put into double boiler, bruise a stick cinnamon, six cloves, the peel of a lemon pared thin, freed from the pulp; let get very hot for one hour. Then turn into this half a glass currant jelly. Let the jelly melt. Strain.

Tomato Sauce.

Mrs. Percival R. Brown.

1 gallon tomatoes. $\frac{1}{2}$ tablespoonful allspice.
 4 tablespoonfuls salt. $\frac{1}{2}$ tablespoonful cloves.
 3 tablespoonfuls mustard. 6 tablespoonfuls red peppers.

Simmer the whole with a pint of vinegar four hours and strain.

Bread Sauce (for Game).

Mrs. Percival R. Brown.

Bread crumbs, nearly one pint; white part of a large mild onion; new milk, three-quarters of a pint; cook forty to sixty minutes. Seasoning of salt and grated nutmeg; butter, one ounce; cream, four tablespoonfuls, to be boiled to a proper consistence.

Mushroom Sauce.

M. L. McMicking.

2 tablespoonfuls butter. 1 tablespoonful onion juice.
 $\frac{1}{2}$ can mushrooms. 2 tablespoonfuls flour.
 1 cup cream.

Make white sauce, pour in liquor off mushrooms, add cream, cut mushrooms in two, pepper and salt. When very hot add a few drops of lemon juice. Serve very hot.

Mayonnaise (for Fish).

Mrs. McTavish, Sr.

- 1 tablespoonful mustard.
- 2 tablespoonfuls salad oil mixed well together.
- 2 eggs well beaten, added.

1 large cup of milk boiled in a milk boiler with one teaspoonful cornstarch. Add all together and boil till thick, then add one teaspoonful sugar and salt and vinegar to taste. If too thick, add more milk.

Bread Sauce (for Game).

Mrs. D. A. McTavish.

One pint milk, one-quarter pound crumbs of stale bread, one onion, if liked, nutmeg, pepper and salt. Boil the onion in the milk, then strain it on the bread; let it soak for an hour. Beat it with a fork till quite smooth, add the seasoning and one ounce butter, give the whole one boil. A little cream added will improve it.

Fish Sauce.

Mrs. D. A. McTavish.

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| Yolks of 2 eggs. | 1½ cupfuls milk. |
| 1 tablespoonful flour. | ½ cupful vinegar. |
| 1 teaspoonful mustard. | 1 large spoonful of butter. |
| 1 teaspoonful pepper. | 1 teaspoonful lemon juice. |
| A little red pepper. | Boil and serve cold. |
| 4 tablespoonfuls black pepper. | |
| 1 tablespoonful sugar. | |

Cream Sauce.

Mrs. Hannington.

One cup milk, heat in double boiler, heat one heaping tablespoonful butter in another saucepan, add a tablespoonful flour and add hot milk, stirring all the time until it thickens. Try one cup of sauce with one cup prepared

chicken or fish for croquettes. Spread on platter to cool and harden, then shape, crumb and fry in deep fat.

If creamed fish or chicken in shells is desired, use less of the salad and more sauce in proportion. Season the minced chicken with salt, onion juice and celery, salt, pepper and parsley. For fish with the celery salt and onion juice, with lobster or crab, use teaspoonful of dry mustard.

Tartare Sauce.

“ Mrs. James Sargison.

Yolk of 2 eggs.	1 saltspoonful salt.
1 gill salad oil.	1 tablespoonful vinegar.
1 tablespoonful chopped onion.	

$\frac{1}{2}$ teaspoonful each mustard, sugar and black pepper, little cayenne, and 1 tablespoonful each chopped gherkins and capers. One tablespoonful chopped parsley.

Beat together in small bowl the vinegar and yolks, add drop by drop the salad oil, then add pepper, salt, mustard and sugar. Put the bowl over hot water until the mixture thickens, stirring constantly. Remove from fire and beat until cold, then add the other ingredients. Serve with fried fish.

Manicure instruments and preparations to keep the nails
right—Fraser's Drug Store.

SAVORY JELLIES

The making of jellied dishes is not only fascinating, but quite worth while. Bits of meats and vegetables which in themselves would not be sufficient for a course will combine into a handsome dish. Jellied dishes carry easily, and recommend themselves on that account for picnics and lunchboxes.

The simplest method is to combine the material with a gelatine mixture and press solidly into a plain mould. Tin biscuit boxes, rectangular bread or cake pans, glass, china or graniteware dishes do nicely for moulds. Almost any house-furnishing house carries fancy moulds, of which the prettiest are little individual ones and a ring mould, whose centre can be filled with parsley or lettuce hearts.

Much of the beauty of the dish depends on the garnish or the decoration of the mould. A plain mould may be made to look very pretty by a garnish placed around its base. This may consist of slices of hard-boiled egg, tongue, lemon, orange or pickles. Mounds of mayonnaise or cubes of tomato or mint jelly are also pretty. One thing must always be borne in mind, and that is the garnish must combine in flavor with the material composing the dish.

The decoration of the mould affords an opportunity for all of one's artistic taste. It is well to remember, however, that the simpler the design the more artistic the effect when unmoulded. The decoration may carry out some color scheme or be a simple geometrical arrangement of one sort of material. It should be a characteristic garnish if possible. For instance, lemons and cucumbers should not be omitted from a fish dish nor mint from a dish of lamb. It is allowable to make the color more pleasing by using a tiny bit of vegetable coloring paste or the juices of plants, such as spinach.

In addition to the things above, beautiful designs can be worked out with slices of carrot, turnip, cucumber, tomato, single leaves of parsley, capers, truffles, beets, olives, pimentos, green pepper and numerous other things. They may be cut into fancy shapes or used in plain slices.

Each brand of gelatine has printed directions for use, and these must be followed if one wishes for success. A few exceptions hold good, however, for all brands. In summer time, or for quick work, or where the material to be held up is very heavy, one needs more gelatine than the usual portion. One manufacturer counts on two quarts of jelly from one package of gelatine; but for the exceptions named he recommends one package for five cupfuls of liquid. Too much gelatine will cause the mass to split when unmoulded.

There are two processes which must always be gone through when gelatine is used. It must always be softened first in cold water, and as little water as possible must be used. After being softened it must be melted, and this may be done by holding over boiling water or by putting into the hot liquid which is to be used for the jelly. When the gelatine is dissolved the liquid is ready to use, but it may have to be softened occasionally.

Aspic Jelly.

Mrs. A. E. Webster.

- 1 quart brown stock.
- 1 tablespoonful tarragon vinegar.
- Pepper and salt to taste.
- 2 tablespoonfuls sherry.
- 1 oz. gelatine.
- Whites and shells of two eggs.

Have the gelatine cooking in a little stock for one-half hour. Place in a saucepan with all the ingredients, except eggs. Stir until the gelatine is melted. Then put in the eggs and shells and whisk until boiling. Allow to remain covered beside the fire for ten minutes. Strain and use as glaze.

Moulded Chicken.

Simmer till tender, cool, remove skin and fat. Place a thin layer of gelatine jelly in a mould and fill with alternate layers of pieces of chicken and jelly made of highly seasoned chicken broth and one tablespoonful of gelatine to each cupful of broth. Serve next day in slices, and be sure to have a sharp knife. Slices of hard-boiled egg added to the chicken will make more servings.

Tomato Jelly.

Mrs. F. B. Pemberton.

1 can tomatoes.
1 dessertspoonful brown sugar.
A pinch of soda.
Salt and pepper to taste.
A little cayenne.
Quarter of one onion cut fine.

Heat the tomatoes to boiling point, having added flavoring and shredded onion. Steam through a fine sieve and add to one-half box of Cox's gelatine, which has been previously soaked. Turn into a mould. When dished garnish with small heart lettuce leaves with a little heap of grated cheese on each leaf. If lettuce is not in season, small sticks of celery may be used instead.

Tomato Jelly.

To one can of tomatoes add a slice of onions, a small bay leaf, salt, sugar, cloves, peppercorn, slice of carrot and a few drops of tarragon vinegar. Cook till soft, push through sieve and add two tablespoonfuls of softened gelatine. Stir till dissolved and mould. Fish mould: Line mould with tomato or cucumber jelly and fill with cold cooked fish, mince rather fine. Serve on lettuce hearts with slices of cucumber.

Aspic Jelly.

Mrs. McMicking.

2 lbs. knuckle veal.	2 lb. shin of beef.
Onion.	2 cloves.
2 carrots.	1 bunch savory herbs.
1 bay leaf.	2 slices ham.
3 quarts water.	Pepper and salt.
Sherry.	

Simmer gently five hours, then strain and cool, turn into a clean dish, leave all sediment behind, add a glass of sherry and the whites of three eggs, beaten. Boil up two or three times; move off of stove, add two tablespoonfuls cold water, let it stand twenty minutes, strain through a flannel bag. Pour into a dish to get cold. It should be perfectly clear. Use as a garnish cut into blocks or dice.

Meat Jelly.

Mrs. D. A. McTavish.

Boil a shin of beef in water till it jellies, let it stand till next day. Take off all the fat. Put in a preserving pan with a little salt, and white and shell of one egg well beaten, to each quart of jelly. Boil twenty minutes or until it bursts clear in the middle, then strain it through a jelly bag.

Very good for shapes of cold fowl or game and hard-boiled egg cut in rounds.

Aspic Jelly.

Compliments of Miss Hartnagel (from Driard chef).

Cut up five pounds knuckle of veal, four calf's feet; place in a saucepan with two gallons of water; boil slowly, add a bouquet of parsley, bay leaf, thyme, sage, and cook five hours; strain and cool, remove all fat, return to fire, add white of four eggs in salt water. Boil until perfectly clear; strain through a cloth. Add one glass white wine and a little vinegar.

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Tomato Jelly with Chicken.

M. L. McMicking.

Pour a tomato jelly into a crown mould. When cold and firm turn out on the platter and fill the centre with chicken salad piled high. Put mayonnaise dressing through the pastry bag over the top, and along the edge of the jelly, alternate mayonnaise roses and olives with the stones removed. Surround the jelly with lettuce leaves, quartered lemons, rings of hard-boiled eggs and olives, and potato roses made with pastry bag.

Jellied Lamb.

Line a mould with mint or currant jelly and fill with minced lamb. Mint jelly: Steep a bunch of mint for half an hour in two and a half cupfuls of boiling water. Soften two tablespoonfuls of gelatine in four tablespoonfuls of cold water and stir into the mint tea. Add one cupful of sugar and the juice of two lemons and strain. Serve in cubes as a garnish or line a mould. Currant Jelly: To melted currant jelly add the proper amount of gelatine and use for lining moulds.

Pure Olive Oil is the oil to use for salads—Fraser's
Drug Store.

ENTREES

A genial savour
Of certain stews and roast meats and pilaus, things
which in hungry mortals' eyes find favor.

—Byron.

When art and nature join, th' effect will be
Some nice ragout of charming fricassee.

Creamed Chicken or Creamed Sweetbreads.

Mrs. E. Crowe-Baker.

Chicken or sweetbreads.
1 pint cream sauce.
1 can mushrooms.

Parboil the sweetbreads and pick them apart. To each piece allow one can of mushrooms, washed and chopped fine. Stew these in a pint of cream sauce. When chicken is used, to each three pounds of chicken that has been carefully boiled and cut into dice, allow a can of mushrooms and a pint of cream sauce. You may mix the sweetbreads, the mushrooms and the chicken. Have mixed peas with the chicken and then use a pint and a half of cream sauce. Serve in bouche moulds or paper cases.

Cream of Chicken.

M. L. McMicking.

1 cup mixed chicken, meat or fish.
1 cup of aspic jelly.
1 cup whipped cream.
Salt, pepper, red pepper, mace.
Lemon, 2 teaspoonfuls Bechamel sauce.

Use a sheet of jelly, or the cup of aspic. Melt it in a double boiler, grate the lemon rind into the chicken, line a mould or timbles with red jelly, stand on ice to harden, set peas around bottom, fill the jellied timbles with the chicken, set on ice to cool, turn out carefully, decorate with water-cress, lemons, olives.

Cream de Volaille.

Mrs. Hasell, Old "M.S."

Cut up a well-cooked chicken, put through mincing machine, add three tablespoonfuls cream, three eggs well beaten, cayenne pepper, salt. There must not be more than three spoonfuls of stock mixed with the chicken; steam in small cups twenty minutes. Turn them out and serve with a sauce round them, made with a little cream, chicken stock, flour and butter.

Chicken Souffle.

Madam Charles Muriset.

1 cold chopped chicken.	1 tablespoonful butter.
1 tablespoonful parsley.	1 pint milk.
½ cup stale bread crumbs.	3 eggs.
1 tablespoonful flour.	Pepper.
½ teaspoonful salt.	

Put butter into small pan; when melted add flour; mix until smooth, then add milk; stir continually until it boils; add the crumbs; cook one minute. Remove from fire, add the salt, pepper, parsley, chicken and the yolk of the eggs, well beaten. Beat white to a stiff froth and stir in carefully. Pour into greased dish. Bake in a quick oven twenty minutes, and serve immediately.

Bay Olives.

Mrs. John Brown, "Cherrybank."

Cut steak thin, and longer than they are broad, beat with a roller. Prepare a forcemeat of bread crumbs, mince suet, a little chopped parsley and one egg, mix well, put a little bit of the forcemeat over the steak. Roll and tie, make them to stand on their ends. When you are to dish them take a stewpan that will just hold them, brown a piece of butter with flour, brown the olives well, add a little boiling stock, a few small onions, whole, add a little cayenne and catsup, pick out the onions and cut off the tops. Place the olives on their ends round the dish, pour the sauce in the middle, garnish with sliced cucumbers.

Chicken or Veal Souffle.

Mrs. A. E. Webster.

To every pint of chopped chicken or veal allow one tablespoonful butter, one-half cup cream, whites of three eggs, tablespoonful chopped parsley, salt and pepper to taste. Melt the butter and pour over the meat, add cream, etc., and beat well; lastly add the beaten whites. Fill cups two-thirds full and stand in a baking pan one-half filled with warm water, and bake in a moderate oven twenty minutes.

Chicken Souffle.

Mrs. R. B. McMicking.

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| 2 cups milk or stock. | ½ cupful stale bread crumbs. |
| 2 tablespoonfuls butter. | 2 cupfuls chicken, minced. |
| 2 tablespoonfuls flour. | 3 eggs. |
| 1 teaspoonful salt. | 1 teaspoonful parsley. |
| Mace and pepper. | 1 tablespoonful lemon juice. |

Make a drawn-butter sauce, add crumbs, remove from stove, add the yolks of eggs, fold in the beaten whites, mix all ingredients, butter a flat mould, set green peas around the bottom of the mould, pour the mixture in and steam half an hour. Serve with mushroom (French) sauce; decorate with watercress.

Fricassee of Chicken.

M. L. McMicking.

Saute a chicken (cut into pieces), with butter size of an egg, and half a minced onion. Cover closely and cook slowly for half an hour, turning the pieces often. Dredge in one tablespoonful flour, pour over one and a half pints of boiling water, salt, blade of mace. Cook until tender. Take out chicken, keep hot, strain the gravy, take off the fat, add one tablespoonful lemon juice, one teaspoonful Worcestershire, one tablespoonful sherry pepper, mix with the yolk of two beaten eggs, with half cup of cream, half can mushrooms, cut in two. Arrange the chicken on the platter, pour over the gravy very hot, (do not let it boil after the eggs are added), and garnish with tufts of parsley or tender inside leaves of lettuce.

Fowl or Chicken in Aspic Jelly.

Mrs. John Brown, "Cherrybank."

Clean and bone a young fowl or chicken in the usual way, stuff it with forcemeat, boil it for thirty-five minutes, let it stand till cold. Have a large mould, pour into it two or three tablespoonfuls of aspic jelly; let it set. Then ornament in various designs with pickled beet-root, hard-boiled whites of eggs, cucumbers and parsley; add more jelly and allow it to set. Then place in the fowl and fill up to the top with jelly and ornament. When wanted turn out on a plate and garnish with aspic jelly in various colors. A turkey may be done in the same way.

Curry Chicken.

(Our Cape Way old Dutch recipe). Mrs. Dumbleton.

- 1 fowl.
- 1½ tablespoonfuls curry powder.
- 1 teaspoonful sugar.
- 1 teaspoonful salt.
- 2 tablespoonfuls vinegar or sour apples.
- 1 oz. butter.
- 2 onions sliced and browned in butter.

Cut fowl into small joints, mix the onion with the curry powder. Vinegar, salt, butter, sugar into a paste; lay on the chicken, cover pot and let simmer for an hour, then stir well. Add two cupfuls water, serve with boiled rice.

Jellied Tongue.

Mrs. Hardress Clarke.

Boil till tender one dozen sheep's tongues, (three hours at least), remove the skins and chop fine; take the water in which they were boiled, and set till quite cold, remove all fat which forms on top. In half a pint of water dissolve a two-ounce box of gelatine, heat three cups of the liquor and pour over the dissolved gelatine, then add pepper, salt and half a tablespoonful of brown sugar, five tablespoonfuls of vinegar. Strain the whole over the chopped tongues and pour in a mould and set away to jell.

Curry of Cold Meat.

(Old Dutch Recipe). Mrs. Dumbleton.

Take one large onion, cut small, fry a nice brown; a tablespoonful of butter or dripping mixed, two green apples, cut in slices; simmer with a large tablespoonful of curry powder and the fried onion, one tablespoonful vinegar or lemon, dessertspoonful of sugar, half cupful stock, a little milk. Cut up cold meat in small pieces, lay in the mixture, and simmer (but not boil), for an hour. Serve hot with boiled rice.

Cream Sauce.

Rub together a rounding tablespoonful of butter and one of flour; add half a pint of cold milk; stir carefully over the fire until it reaches the boiling point and is smooth and thick. Add half a teaspoonful of salt, a dash of pepper. Three times this quantity of sauce will be enough for one chicken, a can of peas and a can of mushrooms.

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Pate of Veal.

Mrs. W. W. Clark.

Three and one-half pounds leg of veal; chop fine six crackers rolled in two eggs, nice piece of butter, salt and pepper to taste; one nutmeg, one good slice of pork, chopped. Put pieces of butter over the top with crumbs. Bake two hours. Not to be cut until cold.

Scotch Collops.

Mrs. John Brown, "Cherrybank."

Have some pieces of tender beef about three inches square; take a little beef drippings, brown it, shake in flour until it becomes a light brown, put in the collops, brown them on both sides, put on the cover close, draw to side of fire. Have one dozen onions stewed amongst rich stock, pour onions into stew-pan with the collops, let them stew for half an hour slowly, add pepper and salt to taste, one tablespoonful of catsup, take cover off stewpan, put on the fire and reduce the stock dish. Serve very hot.

Fricasseed Chicken.

Mrs. Erb.

Dress, cut up and well wash two chickens, trimming off all the fat. Put them in water enough to cover them with a little salt and pepper. Boil slowly till tender and remove the gravy, into which stir the beaten yolk of four eggs, one-quarter pound of butter, a little nutmeg, two teaspoonfuls of flour and one cup of cream. Let it come to a boil and pour over the chicken. This will be found a most delicious dish.

Jellied Tongue.

Mrs. Errie B. McKay.

Salt tongue in water one night, next morning put in saucepan with two cupfuls veal stock, one onion, carrot, parsley, one-half dozen cloves and two slices of bacon; simmer four hours; keep stirring. When done add one glass sherry, skim, put in deep dish or bowl, strain gravy over it; next day turn out and garnish with parsley.

Curry of Veal.

Mrs. Thomas Earle.

Lean veal cut in small pieces and fried with one large onion cut fine, and two tart apples, till lightly browned in saucepan; add enough stock to cover; mix a tablespoonful of curry powder and same of flour, with water, salt to taste, and let all stew gently till done. Dish with plain boiled rice piled round.

To Boil the Rice.

The best way to get the rice dry, wash it in many waters, put it on the fire with cold water, let it come to a boil slowly, then pour off the water and well wash it in hot water, put on again with cold water; when you find the grains soft strain it, let some hot water run through it, cover it with cloth, leave it in the screen to dry till served. Move it with a fork. Pile it lightly on a dish. Serve hot.

Veal Pates.

Mrs. W. W. Clark.

Chop some cold veal fine, moisten with cream and egg well beaten, season with salt, pepper, marjoram or any flavoring you like; beat well together, roll in crumbs, fry in butter. Good, and excellent for cold lunch or picnic.

Veal Loaf.

Chop three pounds and a half of uncooked veal and half a pound of uncooked ham; this, of course, must go through an ordinary meat-grinder. Add to them a cupful of dry bread crumbs, a level teaspoonful of salt, one tablespoonful of grated onion, half a teaspoonful of pepper, half a teaspoonful of powdered sage, half a teaspoonful of ground allspice and a grated nutmeg. Mix thoroughly and add two eggs unbeaten. Press the mixture into a square bread-pan that has been dipped in cold water. When nicely moulded turn it out on to greased paper in the bottom of a baking-pan. Beat one egg without separating, brush the outside of the loaf with it and then bake in a slow oven for about three hours. Baste it once or twice with a little melted butter. This is to be served cold, cut in thin slices.

Lamb's Tongue in Aspic Jelly.

Mrs. R. B. McMicking.

Arrange hard-boiled eggs cut in rings, sprigs of parsley and olives (in fancy designs), on a layer of aspic jelly, chilled in a mould. On the sides of the chilled mould dispose slices of lemons and slices of tongue, dipped in aspic. Fill the mould with slices of tongue, and egg; cover with aspic, stand some hours. Garnish with cress and quarters of eggs and lemons.

Curry Excellent.

Miss Stuart.

1 tablespoonful butter.	$\frac{1}{2}$ onion.
$\frac{1}{2}$ apple.	1 teaspoon currant jelly.
2 tablespoonfuls curry.	2 cupfuls stock.
Cold meat.	Lemon.

For six people. One tablespoonful of butter or good beef dripping, into which put one-half onion and one-half apple, cut into small pieces. Fry in butter but do not brown. Put two tablespoonfuls of flour, dry, into butter, and cook, but do not burn. Into butter add two cups of stock, let simmer, then strain, and add cold meat. If fresh meat is used, simmer for two hours in little water, and instead of using stock, use water in which meat has been cooked. Add salt to taste and one teaspoonful currant or any kind of jelly. Garnish with lemon.

A Dry Curry.

Mrs. John Brown, "Cherrybank."

Take some sweetbreads, chicken or veal, and fry them with a piece of butter; mince four onions and fry them; shake two tablespoonfuls of curry powder over them and put in a small stewpan. Wash out the frying pan with a teacupful of boiling water, pouring contents into the stewpan amongst the curry. Add a little cayenne and salt, cover closely and let it stew till tender. Have the sauce reduced, add a tablespoonful of lemon pickle and two of cream, stir and let it boil for five minutes. Served with boiled rice round the dish, the curry in the centre.

To make a Dish of Curry after the Indian Mode.

Mrs. Hardie.

(Date, 1800 or Earlier.)

Cut two ducks or chickens as for a fricassee, wash them clean, and put them into a stewpan with as much water as will cover them. Sprinkle them with a large spoonful of salt and let them boil till tender, covered close all the time, and steam them well. When boiled enough take them up and put the liquor of them into a pan, then put half a pound of fresh butter in the pan and brown it a little. Then add two cloves of garlic and a large onion, sliced, and let all these fry till brown, often shaking the pan. Then put in the ducks and sprinkle over them two or three tablespoonfuls of curry powder, then cover the pan close and let the ducks fry till brown, often shaking the pan, then put in the liquor that the ducks were boiled in and let all stew together. If acid be agreeable, squeeze a lemon in it.

A Fricandelle.

Mrs. D. A. McTavish.

Remains of cold veal or any other meat; bread crumbs, one egg, a little butter, one pint gravy, pepper and salt to taste. Chop the meat, grate the bread, about one-half cupful, mix all together and press firmly into a well-buttered basin. Boil or steam half an hour. Serve with brown gravy.

East India Curry.

Mrs. Herbert Laundry.

Cut up two pounds of fresh meat, stew one hour, then add a large well-fried onion, a small handful of raisins, one or two fresh apples cut up, a little sugar, cloves, pepper and salt to taste, one or two tablespoonfuls Crosse & Blackwell's curry powder. Stew all until tender. Put away until the next day (which serves to season it), then stew half an hour before required. Thicken with a tablespoonful of browned flour. Serve with well-dried rice.

JAMESON'S "FEATHER-LIGHT" BAKING POWDER
is Wholesome and Reliable.

Meat Croquettes.

Mrs. W. G. Stevenson.

1 pint cooked meat.	3 tablespoonfuls butter.
1 tablespoonful flour.	1 teaspoonful pepper.
1 tablespoonful salt.	$\frac{1}{2}$ pint water.

Croquettes furnish an attractive form in which to utilize leftover meats. For six persons have about a pint of finely-chopped cooked meat. Add a tablespoonful each of flour and salt, three tablespoonfuls of butter, a teaspoonful of pepper and one-half pint of water. Make a thickening of flour, water and butter, and heat to a boil, then add the meat to which the seasoning has been added. Cook a few minutes, then remove from the fire. When cool shape with the hands into cylinders or balls. Dip each into beaten egg. Then roll in fine bread crumbs. Be careful to see that every part is coated. Fry in half lard and half butter.

Curry.

Mrs. Hasell, "Old M.S."

Cut the meat in small pieces, mutton, veal or rabbit, four large onions, five cloves of garlic, if you have it, four pieces of streaky bacon, tablespoonful curry powder, an ounce butter. Mix it well together, put it over the fire and stir it well with a fork till boiling hot, then cover it close, and leave it at very gentle heat, occasionally stirring it till the gravy has nearly dried up, then gradually put in a teacupful of milk, or sour cream does better; stir it over the fire till it boils up again, then leave it to cook slowly till done. It takes two hours altogether to cook it. If breast of veal or meat, give it nearly three hours. When ready to serve, if there should be any grease take it off; if too thick, add little more milk. Serve it hot with rice on a separate dish.

Macaroni and Oysters.

Scald one pint oysters in their own liquor and drain; grease a baking dish and fill with alternate layers of boiled macaroni and oysters seasoned with salt and pepper. Have the last layer macaroni; pour over one cup of cream sauce, cover top with bread crumbs and brown in quick oven.

Sheeps' Kidneys.

Mrs. R. B. McMicking.

Butter, size of an egg.	3 drops Tobasco.
1 onion.	1 dozen kidneys.
1 cupful stock or water.	1 wineglassful sherry.
Salt and pepper.	1 blade mace.
1 cupful mushrooms (French).	
1 dessertspoonful Worcestershire.	

Stand kidneys in water one hour, having previously split and removed all tough pieces. Put the butter in a pan, and fry onions; add kidneys, cook until tender, brown on both sides; take out kidneys, keep warm, dredge tablespoonful of flour into the pan; add the cup of stock, and simmer twenty minutes; strain, and add kidneys, mushrooms; remove the mace, make very hot, but do not boil; add sherry. Serve on hot platter with croutons, sprigs of parsley and quarters of lemons.

Veal Rissoles.

A few slices of cold roast veal, a few slices of ham or bacon, one tablespoonful of minced parsley, one tablespoonful of minced savory herbs, one blade of pounded mace, a very little grated nutmeg, cayenne and salt to taste, two eggs well beaten, bread crumbs. Mince the veal very finely with a little ham or bacon; add the parsley, herbs, spices and seasoning; mix into a pestle with an egg, form balls or cones, brush and glaze over with egg, sprinkle with bread crumbs and fry a rich brown. Serve with brown gravy and garnish the dish with parsley.

Stuffed Crab.

Madam Charles Muriset.

Put into a saucepan one tablespoonful of butter and cook in it a large slice of onion, finely chopped. Add one tablespoonful of flour when the onion is transparent, rub smooth with salt, paprika and lemon juice; then add the washed yolks of four hard-boiled eggs, the meat of six large, boiled crabs and an equal quantity of chopped canned mushrooms. Cook till smooth and well heated, fill crabs' shells with the mixture, cover with buttered crumbs and bake until brown.

Oyster Patties.

Mrs. John Brown, "Cherrybank."

Scald and beard a quarter of a hundred oysters. Keep the liquor in which they have been scalded. Knead an ounce of butter into flour, put into stewpan with the liquor one teacupful of cream, the same of finely-pounded bread crumbs; add salt and cayenne to taste, put it on the fire, and stir till it boils, then cut the oysters in two and add them. Keep hot; do not boil. Have a small piece of puff paste ready. Roll it out about a quarter of an inch thick. For each pattie cut two cakes, then egg the whole cake and put the one with the hole in it above. Bake both cases and lids in a quick oven, put in the meat, cover with the lids. Serve on table napkin; garnish with parsley.

Deviled Crab.

Mrs. McNaughton-Jones.

1 pint crab meat.	1 tablespoonful of flour.
1½ pints bread crumbs.	2 teaspoonfuls of salt.
4 tablespoonfuls butter.	1 teaspoonful of mustard.
½ pint of white stock or cream.	
1 tablespoonful of lemon juice.	
¼ cayenne.	

Pick the crabs, put stock into saucepan, mix flour, mustard and two spoonfuls of butter, stir into the boiling stock, boil two minutes, take off, add meat and seasoning and put in shells, sprinkle with bread crumbs and dots of butter. Cook in hot oven till done.

Crab Pies.

Mrs. John Brown, "Cherrybank."

Boil three or four crabs; when cold break the claws, pick out all meat, the breast and the greater part of the inside. Mince the meat, and season with white pepper, salt, teacupful pounded biscuit and two ounces of butter, Put into saucepan and when thoroughly heated add a tablespoonful of hot vinegar and a little cayenne. Have the crab shells washed, fill with the mince and brown them in the oven.

Lobster Curry.

Mrs. E. Miller, Joyville, Bridge of Weir, Scotland.

- 1 heaping tablespoonful flour.
- 2 large tablespoonfuls butter
- 2 teaspoonfuls curry powder.

Put ingredients into a saucepan and add salt. Mix with a little cold water and put on stove, stirring till it boils. It should be a thick white sauce. Add contents of a tin of lobster. Cover closely and let stand for fifteen minutes, keeping hot but not boiling. If too thick add a little boiling water. An improvement is to put in a tablespoonful of butter or cream just before serving.

Deviled Crab.

Mrs. (Capt.) John Irving.

To the finely chopped meat of six crabs, add two tablespoonfuls butter, two tablespoonfuls olive oil, small cup Worcestershire sauce, one teaspoonful cayenne pepper, four drops Tobasco sauce, four tablespoonfuls French mustard, a teaspoonful vinegar, six tablespoonfuls soda cracker crumbs, three tablespoonfuls onion (chopped fine), a pinch of sugar and a pinch of nutmeg. When all is well mixed, fill the cleaned crab shells and bake about three-quarters of an hour.

Lobster Cream.

Miss Florence H. Walbran.

- | | |
|-------------------------------|--------------------------|
| 1 lobster | 3 eggs. |
| 2 teaspoonfuls anchovy sauce. | $\frac{1}{2}$ pint milk. |
| 1 cupful bread crumbs. | A little cayenne. |
| $\frac{1}{4}$ pint cream. | |

Boil the milk and pour it over the bread crumbs. Chop up the lobster very fine, and beat the eggs, and when the bread crumbs are nearly cold, mix with them the lobster, the sauce, the seasoning of cayenne and a little salt, and lastly the cream. Butter a mould and fill it with the mixture, put a buttered paper over the top, and steam for one hour. Any good fish sauce can be served with this, or it can be eaten without.

To Prepare Oysters for Patties.

Mrs. John Brown, "Cherrybank."

Take oysters, put them upon fire in their own liquor; when they come to boil strain them; put back the liquor into the stewpan, add a little white pepper, little cayenne, little nutmeg, grated, teacupful cream, a little salt, a teacupful of bread crumbs. Let it boil for a minute or two, stirring all the time. If large oysters, cut them in four, and add them to the liquor. Make them hot, but do not let them boil.

Bobotee.

Mrs. D. A. McTavish.

1 onion.	1 ounce butter.
$\frac{1}{2}$ lb. minced cold meat.	1 cupful milk.
1 tablespoonful curry powder.	1 slice bread.

Slice the onion and fry in butter, soak the bread in milk, heat two eggs and mix all together. Salt. Rub a pie dish with butter and the juice of a lemon. Bake in not too hot an oven. Serve with boiled rice.

Sweetbreads Villeneme.

Parboil, blanch and cut into small pieces a pair of good sized sweetbreads, cut an equal quantity of carrots and onions and put all into a saucepan with butter enough to make a nice brown color. Cut off the top of a large tomato, hollow out the centre and fill with the mixture, bake twenty-five minutes in a rather hot oven, and serve with rich tomato sauce. Use as many tomatoes as there are to be persons at table.

Oyster with Caviar Toast.

Spread thin slices of toast as required, with butter, then a thick layer of caviar. Season with lemon-juice. Lay over them some oysters that have been parboiled just long enough to "plump," and cut the toast in rounds a little larger than the oysters. Sprinkle with lemon-juice or vinegar, and dust lightly with pepper. Serve cold garnished with parsley and lobster coral.

Anchovy Canapes.

M. L. McMicking.

Cut some stale bread, about one inch thick, into small rounds, about size of half dollar. Fry brown in butter. Two hard-boiled eggs chopped fine, bone and fillet three anchovies. (This will be sufficient for twelve rounds.) Curl a fillet on each round, fill centre with chopped egg, season with pinch of cayenne, arrange neatly on dish, garnishing with watercress.

Macaroni and Cheese.


Mrs. D. A. McTavish.

Boil two ounces macaroni in about one pint milk till soft. Then stir in one teaspoonful of made mustard, some salt and a little butter and a few spoonfuls grated cheese, according to taste. Put in a pie plate and cover with grated cheese and dried bread crumbs and a few pieces of butter. Bake a light brown. Serve hot.

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A NICE DISH OF SAUSAGE AND TOMATOES

Get a pound or more of Cambridge or Eppiny Sausage from the Cambridge Sausage Kitchen, 709 Fort Street. Put them in a baking dish, either whole or in short lengths. Rub about half a can of tomatoes through a sieve to remove seeds and skins, cover the sausage with the tomato pulp, then sprinkle with finely grated cheese, next with a liberal quantity of finely grated bread crumbs and finish with grated cheese. Bake for three quarters of an hour. 

M. J. Haynes

709 FORT ST.

Phone 1657

Bobotee.

Mrs. (Capt.) John Irving.

(A Delicate kind of Indian Curry).

1 onion.	1 oz. butter.
1 cupful milk.	1 slice bread.
6 or 8 sweet almonds.	2 eggs.
$\frac{1}{2}$ lb. minced cold or undressed meat.	
1 tablespoonful curry powder.	

Slice the onion and fry it in part of the butter. Soak in half of the milk the bread, and grate the almonds, beat the eggs with the remainder of the milk, and mix the whole well together with the minced meat, rest of butter and curry powder. Rub deep pie dish with butter and juice of a lemon, and bake the curry thus made in not too hot an oven for about one-half an hour. Serve with boiled rice on a separate dish.

Timbal of Macaroni.

Mrs. Hasell, Old "M.S."

Cook macaroni, cut into one-half inch lengths, butter a small pudding mould, or timbal, and stick it closely all over with macaroni. Put butter, size of egg, into pan, stir in little flour, add cream, stir until quite thick, then put in little pieces of chicken, remains of sweetbread, or anything you may have, flavor it nicely with little onion and chopped parsley, mushrooms or truffles, one or two eggs, pepper and salt; mix well, put into the basin with macaroni. When it is cool steam an hour, turn out carefully, pour white sauce round and serve. This is a pretty entree if it is well made. It takes time to stick the macaroni. You can make it in timbal cups.

Sardine Toast.

Mrs. Thomas Earle.

One tin of sardines, boned and mashed; spread on triangles of toast lightly buttered, and keep warm. Make a sauce of equal parts milk and water, about a large teacupful, thicken with cornstarch, flavor with anchovies, small bit of butter, pepper and salt. Garnish with slices of lemon.

Curried Eggs.

Mrs. R. B. McMicking.

- 2 tablespoonfuls of butter.
- 2 small onions (minced).
- 2 dessertspoonfuls of curry powder.
- 2 tablespoonfuls flour.

$\frac{1}{2}$ pint of veal or chicken broth or a tablespoonful of fluid beef dissolved in boiling water. Put butter and onions into saucepan and cook until they begin to brown; stir in curry powder, mix well and add flour, stirring quickly all the time; then add the stock. When the mixture has simmered for ten minutes add the cream and eggs. Make very hot, but do not boil. Serve at once.

Curry.

Mrs. George Shaw.

Cut up two onions and stew in a quarter of a pound of butter till quite soft; then add three dessertspoonfuls of curry powder and a little salt. Let it stew till the butter is nearly all dried up, then mix in a small cup of very strong gravy and a large cup of cream flavored with almond. When boiling, throw in the juice of a lemon to curdle it, and let it boil. Then add the meat which must be cut in pieces about an inch square and let it stew gently for two hours and a half. Add a little tamarind, a small piece of root ginger and some broken walnuts can be added if desired.

Rice (Boiled).

(Cape Way.) Mrs. Dumbleton.

- 1 pint of rice.
- Two quarts water.

Wash rice three times, then put it into two quarts of boiling water with a teaspoonful of salt. Let it boil briskly till the rice is soft, then drain off all the water by putting the rice in a colander; put it back in the saucepan and set it on the stove till it is quite dry and each grain of rice separates from the other; time, half hour. Enough for curry for six people.

Chipped Beef and Celery.

Mrs. Jenkinson.

To two tablespoonfuls butter add one cup celery cut fine, cook until celery browns slightly. Thicken one cup milk with flour or corn starch, pepper to taste, add one-half lb. chipped beef. Serve on toast.

Creamed Sweetbreads.

1 tablespoonful flour.

1 tablespoonful butter.

1 cupful cream.

$\frac{1}{2}$ cupful milk.

Make a drawn-butter sauce, add sweetbreads and cook for three minutes, have ready on a platter rounds of toast buttered, take out sweetbreads and arrange on the toast, pour over the sauce. Have mushrooms and French peas for a border.

Stewed Mushrooms.

Mrs. John Brown, "Cherrybank."

Peel off the skin and cut away the stalks, brown a piece of butter with flour in a stewpan, add half pint of good gravy, then put in the mushrooms, season with pepper and salt, put on the cover and stew them for one hour. If you require to do them with white sauce, peel and cut off stalks as before, put them on a dish and sprinkle a little salt and vinegar over them, melt a piece of butter, add two tablespoonfuls of white stock and a little white pepper. Put in the mushrooms, put on cover close and let them stew slowly for one hour. Mix a tablespoonful of flour with a teaspoonful of cream, add it to the mushrooms. Shake; do not stir it. Dish them with slices of toasted bread.

Breaded Sweetbreads.

Cut into slices, dip into beaten egg, season with salt, roll into bread crumbs, dip in egg again, fry in hot fat being careful not to scorch. When cooked arrange on a platter and scatter chopped parsley over, ornament with slices of lemon juice and French peas.

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Sweetbreads.

Mrs. R. B. McMicking.

Put into cold water, this should be changed until they are quite white, remove all fibrous skin, put them into saucepan, cover with boiling water, and let simmer on the back of the range for twenty minutes. Into this water put a blade of mace, one clove, one-half bay leaf, and half onion, drain and throw them into ice water and let them remain a few moments and take out and stand one hour; they are then ready to be cooked in various methods.

Veal Olives.

6 slices of veal.
3 slices of bacon.
1 cupful bread crumbs.

Trim the veal, chop the bacon, and lay on the slices of veal, sprinkle bread crumbs over, season with ground mace, pepper, salt and sage, cut bits of butter, and dot round; roll up and bind with wooden toothpicks; lay in the pan and add one-half cupful stock and roast, basting often with melted butter. When cooked remove skewers carefully, make a brown gravy, add one teaspoonful onion juice, pour over the olives. Serve with tart jelly.

A Tasty Way to Cook Venison.

M. L. McMicking.

Take small slices from loin or leg and place a layer in an earthen jar and add pepper, salt, mace, one bay leaf, sage, one clove and one-half onion; continue in this way until all the venison you wish is used, cover with vinegar just up to the meat and stand away in a cool place two days. Cover with a small plate. When wanted have the frying-pan covered with butter made smoking hot, lift out the pieces of venison and roll them in flour and quickly brown both sides; move the pan back and cover over; cook twenty minutes. Arrange on a hot platter, make a brown gravy in the same pan the venison was cooked in, add two tablespoonfuls of currant jelly and wine glass of claret, make very hot, pour over venison, serve with croutons around platter. Cook half hour.

Veal and Macaroni.

1½ pounds veal.
1½ pounds macaroni.
2 eggs.

Cook veal chopped fine, chop macaroni after cooked; season well with salt, pepper, butter; add eggs well beaten. Put in a baking dish, and pour over this the broth in which the veal was cooked. Bake half hour en casserole.

Sweetbread Saute.

Mrs. (Capt.) John Irving.

Carefully cut off all the tough or fibrous skin from the sweetbreads, put them in a dish of cold water for ten minutes or more. Then boil for twenty minutes. After being boiled, split and sprinkle with pepper and salt, fry in butter, turning constantly till a light brown color (about eight minutes). Serve with cream sauce, made by thickening some boiling cream with flour, and seasoning with salt and pepper.

Crab a la Newburg.

Mrs. Percy Dickinson.

2 crabs shredded fine.	1 tablespoonful salt.
2 tablespoonfuls butter.	½ tablespoonful pepper.
1 tablespoonful brandy.	½ cupful of cream.
1 tablespoonful Sherry.	Yolks of two eggs.

Way of preparing—Put butter in pan, then add crab and cook five minutes, add all ingredients, then eggs and cream. Serve on pieces of toast.

Breast of Chicken.

In place of cutting in the centre of the breast of a chicken, cut in front of the wings down to a point, leaving the breast whole. Broil and serve on buttered toast garnished with parsley, and the chickens' hearts arranged around the edge of the dish, after frying them nicely in butter.

Veal Loaf With Tomato Sauce.

Mrs. McCoy.

- | | |
|--------------------------|---------------------------|
| 1 lb. veal, minced fine. | 1 egg well beaten. |
| 3 rolled soda biscuits. | Pepper and salt to taste. |

Mix thoroughly, put loaf in well greased pan, rub a little butter over top, then pour over one cupful tomato catsup. Baste often while cooking.

Very nice sliced cold and served with watercress.

Sweetbreads with Tomato.

Mrs. McCoy.

Put two large sweetbreads in boiling water and let stand ten minutes (off the stove). Now drop into cold water, when cool enough skim but do not break. Put them into a stewpan with one and a half cupfuls of water; season with salt, cayenne and black pepper. Mix one large teaspoonful of browned flour with a small piece of butter until quite smooth. Add to stewpan with a small blade of mace. Stew slowly for half an hour, then set stewpan into a quick oven until sweetbreads are nicely browned. Put on a heated dish and into the gravy pour half a pint of tomato juice which has been thickened with a dessertspoonful of flour mixed with a small piece of butter. Bring this to a boil and pour over sweetbreads. Serve very hot.

I use liquor obtained from straining one small can of tomatoes.

Squabs on Toast.

Remove the legs and wings from squabs, stuff with chestnut or bread stuffing, roast to a golden brown and serve on pieces of toast cut heart-shape, garnished with watercress and potato balls.

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VEGETABLES

"Nor lacked our table small parades of garden fruits."

Nothing shows the difference more quickly between good and careless housekeeping than the preparation and serving of vegetables. Containing as they do much nutriment and many muscle-making elements, the housewife should study ways and means of serving them at their best and in a variety of dainty and novel ways, which will prove both appetizing and attractive for the family table.

To Cook Green Peas Without Water.

Mrs. R. B. McMicking.

Put butter the size of an egg (or more), in a saucepan and melt, shred four leaves of lettuce very fine and cover the butter. Add the peas, season with salt and pepper, cover closely, stand on asbestos sheet to cook; shake gently while cooking. Two sprigs of mint will improve the flavor. This is far ahead of the old way of boiling in water as they retain all their flavor.

Creamed Potatoes au Gratin.

Miss Smith, Menzies Street.

Cream, two tablespoonfuls flour and one of butter. Add one pint of milk and stir until it boils. Stir in a teaspoonful of salt, pepper and parsley. Add one well-beaten egg and four tablespoonfuls of grated cheese. Put alternate layers of cold boiled potatoes, cut into dice, into a dish, with the sauce. Sprinkle the top with bread crumbs, and bake brown in the oven.

Asparagus Fanchonettes.

Bake pastry, pricked in many places, on inverted tins. When ready to serve, fill with boiled asparagus tips dressed with a rich cream sauce, and garnished with a tiny pyramid of whipped cream slightly salted.

Potato Puff.

Mrs. Gill.

For one pint of mashed potatoes take two tablespoonfuls of melted butter, and beat with a fork until the whole is creamy. Add yolks of two eggs to three-quarters of a cupful of milk and whites of two eggs last. Beat each ingredient in before adding the next, sprinkle in a little salt, put in a buttered dish and bake until brown.

" Scolloped Potatoes.

M. L. McMicking.

Slice raw potatoes fine, butter a dish, put in a layer, dust with flour and finely-minced onion and parsley, pepper, salt, celery salt, cream (or little milk). Fill the dish in this way, cover top with cracker crumbs, with small pieces of butter on top, bake one hour in a moderate oven.

Parsnip Fritters.

M. L. McMicking.

- 1 egg.
- 2 tablespoonfuls flour.
- 3 parsnips.

Cook well in salted water; mash, add the well-beaten egg; pepper. Form into cylinder shape, dip in egg and crumbs, fry in deep hot lard a delicate brown. Serve hot; garnish with parsley.

Baked Cucumbers.

Cucumbers cooked in this way may be digested by the most delicate stomach. Select large, full-grown cucumbers, cut them into quarters, put them into a baking pan in the oven, with one cupful of water to which has been added one teaspoonful of salt and a tablespoonful of onion juice. Simmer gently for twenty minutes. Lift with a strainer and arrange on toast fingers, and pour over a sauce made by adding two tablespoonfuls of cream to the water the cucumbers were cooked in; stir until boiling, and then add one well-beaten egg. Cook only until the custard thickens and season with celery salt.

Corn Oysters.

Miss Ethel Earle.

Grate enough fresh corn to nearly fill a pint measure. If canned corn is used, press it through a fine colander or sieve. Add the yolk of an egg, beaten light, and salt and pepper to taste. Add the beaten white of the egg to the mixture and drop by small spoonfuls in hot butter, and fry a golden brown.

Boiled Cauliflower a la Fromage.

Cook a cauliflower until very tender in boiling water to which has been added a teaspoonful of salt. Arrange in a deep vegetable dish and pour over it a sauce made by creaming half a cupful of butter, then adding half a cupful of boiling water and a cupful of grated cheese; stir over boiling water until the cheese is melted, remove from the fire and stir in quickly the yolks of two eggs, beaten with a saltspoonful of salt. Season highly with cayenne pepper and serve very hot.

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“FEATHER - LIGHT” BAKING POWDER

Potato Croquettes.

Mrs. A. E. Webster.

Some mashed potatoes, chopped ham, parsley, nutmeg, salt and pepper. Work in the yolk of an egg or more, according to the quantity of potatoes. Shape the rolls. Roll up in egg and bread crumbs and fry in boiling fat.

Creamed Celery in Tomato Cups.

Cut out circular pieces from the stem end of several large tomatoes, and remove part of the pulp. Fill the tomatoes with stewed celery to which have been added a cupful of cream and a tablespoonful of melted butter and season to taste. Cover the openings with browned bread crumbs and bake in a slow oven for half an hour. Serve on rounds of hot buttered toast.

Bread Crumbs and Onions (good).

Mrs. Edgson, Duncans.

Butter well a deep dish, cut a layer of onions, pepper and salt them, then put a layer of bread crumbs an inch thick, three layers of each. The last one put little dices of butter, add two cupfuls of milk. Let the whole soak for two hours, then put in moderate oven.

Carrot Timbales.

Grate three large carrots, add to them half a cupful of cream and two eggs beaten very light, season with salt and a dash of cayenne. Fill into small baking cups, stand in boiling water and bake for thirty minutes in a moderate oven. When cooked turn out on a platter and serve with cream sauce.

Stuffed Turnips.

Boil whole four or five large turnips until tender. Take them up and drain, cut a slice from the top and scoop out the centre. Run the pulp which has been taken out through a sieve. Mix it with a little butter, cream, flour and the yolk of an egg, and season with salt and pepper. Fill the turnip shells with the mixture, replace the tops and brush with a beaten egg. Brown in a brisk oven and serve.

Turnip Croquettes.

Mix one cupful of cold chopped meat, one chopped onion, two cupfuls of mashed turnips, one cupful of bread crumbs with one egg and season with salt and pepper. Form into croquettes, dip in beaten egg, then in bread crumbs and fry in hot fat.

Sweet Potatoes, Southern Style.

Boil sweet potatoes, scrape off the skins and slice lengthwise half an inch thick. Put in layers in a baking dish, sprinkle each with sugar and dots of butter, pour over a cupful of milk, set in a hot oven and cook until well browned. Serve in the dish in which they were cooked.

Green Corn Pudding in Rice Shell.

This is a delicious way of serving either the fresh or canned corn, as a vegetable or as a hot luncheon dish. Mould sufficient rice to fill a square cake pan, and when cold cut out the centre with a sharp wide blade knife, turn out of the tin and fill with the following: Take two cupfuls of corn cut from the ear (or one can of corn), add yolks and whites of two eggs beaten separately, a teaspoonful of sugar, a saltspoonful of salt, a tablespoonful of melted butter and a pint of milk. Bake for about three-quarters of an hour in a moderate oven and serve hot on folded napkin.

Sweet Potato Puffs.

Select large sweet potatoes, wash and scrub them, bake carefully and cut in halves lengthwise. Remove the baked pulp and mash smooth; season with salt and pepper, then add one tablespoonful of melted butter, half a cupful of rich milk, and the beaten whites of two eggs; whip the mixture until very light, and refill the potato skins; dust lightly with powdered sugar and reheat before serving.

Creamed Celery.

Cut the tender stalks into inch pieces and boil in water and a little salt three-quarters of an hour. The white root may be boiled with it. Pour over it a white sauce.

Escalloped Onions.

Cook a quart of white onions in slightly salted water for ten minutes; drain, and mix some fine cracker crumbs with melted butter to a paste. Place alternate layers of cracker crumbs and onions in a baking dish, and moisten with one cupful of cream, in which half a teaspoonful of salt and a saltspoonful of pepper have been dissolved. Bake in a very hot oven and garnish with parsley and triangles of toasted bread, arranged around the sides of the baking dish.

Spinach.

In cooking spinach, cut off the stalks, pick over the leaves, discarding the yellow and shabby ones, then throw into a large pan or tub of cold water. Plunge the leaves up and down, to remove the sand, then lift the leaves out into a second pan of water. Do not attempt simply to drain off the water, leaving the leaves in the same pan, as that holds the sediment that has sunk to the bottom.

Rinse yet a third time, then throw the leaves in a large pot. Cook covered about fifteen minutes, turn into a colander until cold to drain. To press out all the water make a mound of the leaves on a flat plate, cover with another and press out as much moisture as possible. Chop fine, then set aside until needed for the table.

Now the method of preparation may vary according to taste. For instance, cook together in a small saucepan two tablespoonfuls of butter and one of flour. Add the spinach, cook a few moments and add a small cupful of cream in which a half-saltspoonful of salt has been dissolved. Cook a few moments longer, season with pepper, a little more salt if needed, and nutmeg if desired. Beat hard two or three moments, then serve very hot.

Nutmeg is used altogether by Italians and Germans in cooking and seasoning spinach, the claim being that it brings out the flavor. After the Canadian housewife gets accustomed to the combination, she, too, finds it an improvement.

Another way of preparing the spinach is to saturate it in butter. After it is drained and chopped, put two tablespoonfuls of butter in a saucepan, and as soon as hot, but not at all colored, add the spinach, tossing and stirring over a moderate fire until hot. Add seasonings and a little

cream or milk; cook long enough or until the moisture is reduced so that the spinach can be molded into a mound. Garnish with triangles of bread toasted or fried brown in butter, hard-boiled eggs quartered lengthwise and laid round the edge, points to the centre, or the yolks of two hard-boiled eggs put through a ricer over the moulded spinach.

There are numerous other ways in which spinach may be cooked to advantage, two of which every housewife should try—and thereafter make a “note on” for future reference.

Tasty Tomatoes.

To make a delicious morsel out of tomatoes, cut the bottom of the tomato away and scrape out the inside. Chop a few mushrooms, a little onion and parsley till very fine, and season with salt and pepper. Mix this with the inside of the tomato and fry for a minute or two in butter, then add the yolks of two eggs. Mix and fill the tomatoes, cover with a layer of grated cheese and bread crumbs, and place in the oven to brown.

Baked Onions.

Peel, cover with boiling salted water and cook till tender. Drain and chop. Melt two heaping tablespoonfuls of butter in a saucepan; add two tablespoonfuls of flour, stir till smooth, then add salt and pepper to taste. Gradually add one and a half cupfuls of stock or milk, stir till boiling, then add two tablespoonfuls of finely chopped parsley, and five tablespoonfuls of bread crumbs. Boil for eight minutes; add one egg well beaten and the chopped onion. Cool, and add the stiffly beaten whites of three eggs. Bake in buttered casserole dishes twenty minutes in a moderate oven.

Swiss Spinach en Casserole.

After cooking the spinach and thoroughly draining, chop fine and mix with two whole eggs, and the yolks of two or three others, according to the amount of spinach cooked, one or two milk rolls, soaked in milk until soft, a little stock or gravy to moisten, and salt, pepper and nutmeg to season. Stir over the fire until the mixture is thickened

and very hot, then, having buttered a casserole or any baking dish that can be sent to the table, sprinkle the bottom with fine bread crumbs and pile in the spinach that has been cooled and beaten up with the whites of three or four eggs whisked stiff. Bake three-quarters of an hour, and serve with a good gravy or sauce mousseline. This dish, is so hearty that it can be served alone, instead of meat. Sometimes a grating of cheese is added just before it goes into the oven.

SALADS

"My salad days when I was green in judgment."

—Antony and Cleopatra.

It is an accomplishment to know how to dress a salad well, which is especially prized by the fashionable world. A Frenchman thinks he cannot eat his dinner without his salad. It would be well if every one had the same appreciation of this most wholesome, refreshing, and at the same time most economical dish.

Chicken Salad.

Mrs. James Sargison.

Boil two chickens until tender. When cold, cut in half-inch pieces, rejecting all bone, fat and gristle; two heads of celery cut small, one can of French peas, two cups of thinly sliced walnut kernel, three tablespoonfuls capers. Mix all together and serve on lettuce leaves with mayonnaise dressing, using any garnish preferred.

Pepper and Grapefruit Salad.

Cut slices from the stem ends of three green and three red peppers. Remove the seeds and refill the shells with the pulp of grapefruit finely cut, chopped celery hearts and broken English walnut meats in the proportion of twice as much grapefruit as celery and two nut meats to each pepper. Arrange on lettuce leaves with mayonnaise.

Potato Salad.

Mrs. R. B. McMicking.

- 12 potatoes.
- 3 cupfuls of celery.
- 1 large onion.

Boil potatoes in their jackets; when done peel and slice into an earthenware dish, add minced onion, marinate with a French dressing; do not get too dry, or the reverse; stand away in a porcelain dish, cover tightly, but not with a tin cover. To be made day before wanted so as to thoroughly marinate. Take out and arrange in pyramid form in one or more platters, cover with mayonnaise, sprinkle the yolks of finely chopped eggs over and dot with French peas. Have ready two smoothly mashed and seasoned potatoes, fill the forcing bag, begin at the bottom of the salad and work up, making four rows (if in a small dish), garnish with lettuce leaves, rings of the white of the eggs, teaspoonfuls of alternate piles of chopped beet, yolk of egg, French peas, potato roses, olives; finish the top with a potato rose or a tuft of celery. Use a silver knife to do the work, as steel or tin darkens the potatoes. They must be marinated while warm.

Beets.

M. L. McMicking.

Take nice young beets, boil until tender, rub the skins, slice into a dish, take a knife and fork and chop them into small pieces. Add a finely minced onion, season with salt and pepper, and salad oil. Mix well and add vinegar to taste. Cover with a plate, closely. Stand to get cold or can be eaten warm.

Shrimp Salad.

Mrs. James Sargison.

- 2 tablespoonfuls capers.
- 1 bunch of celery.
- 1 can of shrimps.
- 1 dozen walnuts, shelled.

Remove shrimps from can and pick to pieces with fork. Cut celery very small, slice walnuts very thin. Mix the ingredients and serve with mayonnaise dressing garnished with olives.

Vegetable Salad.

Mrs. R. B. McMicking.

Take turnips, carrots, beets and peas or any other vegetable. When cold chop fine, marinate each separately with French dressing. Spread lettuce leaves on a dish, begin by arranging the beets drained from the juice, for the first layer, then the turnips, then the peas and carrots; shape in the form of a pyramid, spread over a coating of mayonnaise, then the yolk of egg chopped fine, sprinkled over. Dot peas here and there. Mayonnaise may be put on through the forcing bag, to decorate with also. Olives and peas arranged in clusters.

Apple Salad.

Mrs. McB. Smith.

- 1 cupful of apples.
- 2 cupfuls of celery.
- 2 tablespoonfuls of chopped walnuts.

Cut the apples and celery into half-inch pieces. Chop the meats very fine, mix with mayonnaise just before serving and garnish with halves of walnuts. Serve very cold.

Salad Saint Nicholas.

Blanch twenty-four button mushrooms; drain them, cut into thin strips; cut in like manner four artichoke bottoms and three pickled walnuts. Mix together with orange juice, season with salt and pepper, dress with oil and vinegar. Divide into orange baskets, cover with mayonnaise, and decorate with slices of olives and chopped parsley.

Oysters or Grapefruit Salad.

Miss McKeand.

Parboil one pint oysters, drain, cool and remove tough muscles. Remove the pulp from three grapefruits and drain. Mix pulp with oysters, serve in sections of grapefruit with a dressing made as follows: Mix six tablespoonfuls tomato catsup, four tablespoonfuls grapefruit juice, one tablespoonful Worcestershire sauce, a few drops Tabasco sauce, and salt to taste.

Mayonnaise.

"Rocklands," Comiaken.

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| 3 eggs. | 1 cupful of milk. |
| $\frac{1}{2}$ cupful of vinegar. | 1 cupful of salt. |
| 1 cupful of sugar. | 1 saltspoonful of cayenne. |
| 1 cupful of mustard. | 1 cupful of flour. |
| 4 tablespoonfuls of butter. | |

Put butter in granite saucepan; when melted add flour, stir until smooth (be careful not to let it brown), add the milk and let it boil up, stand back in pan of boiling water, beat all the other ingredients together until well blended, adding vinegar last and gradually, then stir gently the whole to the boiling flour. Continue stirring until it thickens like soft boiled custard. Don't be discouraged if it takes as long as fifteen minutes. Do not put into sealers until cold. Keep in a cool place. Will keep for weeks. If made properly is very nice with chicken, lobster, etc.

Noel Salad.

Scoop out yolks from two hard-boiled eggs; add one tablespoonful of butter, half a teaspoonful of anchovy paste, a few drops of lemon juice, half a teaspoonful of white pepper, and fill the whites. Coat with liquid aspic jelly and parsley. Place on tomato slices seasoned with olive oil and tarragon vinegar, adding salt. Garnish with chopped aspic and parsley.

Salad Dressing.

Mrs. W. H. Bone.

- 4 eggs.
- 1 teaspoonful of salt.
- 2 teaspoonfuls of butter or oil.
- 1 teaspoonful of mixed mustard.
- 2 teaspoonfuls of sugar.
- 7 teaspoonfuls of vinegar.

Cook in a double boiler, stir until it thickens. Beat whites of eggs separately and add last. When cool add cream to make it thin as custard. Pour dressing on salad just before using.

Salad Dressing.

Miss Duncan, Duncan, B. C.

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|--------------------------------|-------------------|
| 1 teaspoonful salt. | 3 raw eggs. |
| 1 cupful milk. | 1 cupful vinegar. |
| 1 tablespoonful sugar. | |
| 1 tablespoonful dry mustard. | |
| 1 tablespoonful melted butter. | |

Salad Dressing.

Mrs. A. E. Smith.

Beat the yolks of three eggs, add one tablespoonful of cornstarch, one teaspoonful of salt, one teaspoonful of mustard mixed dry. Then add one cupful of vinegar and cook until quite thick. Set away to cool, covered with a wet cloth to prevent "crusting." When cool add one-half cupful of oil or melted butter, then one cupful of condensed cream; beat all until light and then add the whites of the eggs well beaten.

Milk Salad Dressing.

(No Name.)

- | | |
|---|---------------------------|
| 3 eggs. | 1 tablespoonful of sugar. |
| 1 tablespoonful of salt. | 1 cupful of vinegar. |
| 1 cupful of milk. | 1 tablespoonful of oil. |
| $\frac{3}{4}$ tablespoonful of mustard. | |

This recipe makes nearly three cupfuls of dressing and one-third of it is ample for a salad for six persons. If the entire quantity is made, bottle tightly and set away in a cold place. It will keep for two weeks.

Place the oil, salt, mustard and sugar in a bowl and stir until perfectly smooth. Beat the eggs well and add them, stirring thoroughly, then gradually add the vinegar and lastly milk. Place the bowl in a basin of boiling water and cook the dressing until it is like thick cream, stirring all the time. The cooking usually takes ten minutes, but if the bowl is thick, from twelve to fifteen minutes will be requisite. Use when cold.

We recommend JAMESON'S "FEATHER-LIGHT"
BAKING POWDER.

Salad Dressing.

(1)

2 tablespoonfuls butter. $\frac{1}{2}$ cupful of vinegar.
 2 tablespoonfuls flour.

(2)

2 yolks eggs. 1 cupful milk.

(3)

2 teaspoonfuls salt. $\frac{1}{2}$ teaspoonful mixed pepper.
 2 teaspoonfuls sugar. 1 teaspoonful mustard.

Pour heated milk over beaten yolks of eggs, make sauce of butter, flour and vinegar. (Lemon juice may be used instead of so much vinegar.) Stir eggs and milk over hot water till custard coats the spoon. Remove from hot pan at once. Add (3) to (2), then (1), and strain. If bottled and kept in a cool place will keep for weeks.

Fruit Salad.

Half a pound each of black and white grapes, two bananas, one can of pineapple, half a can of apricots, one ounce of sweet almonds, one ounce of pistachio nuts, one lemon, two oranges, sugar to taste, one small bottle of pineapple juice. Peel and slice the bananas, skin and remove all pith from the oranges, and cut each division in half. Cut the pineapple and apricots into dice. Blanch, shell, and finely shred the almonds and pistachio nuts. Put all the fruits into a salad bowl. Strain over the lemon juice, add the pineapple juice and sweeten it to taste. Serve the salad as cold as possible.

Mayonnaise Dressing.

Mrs. James Sargison.

Juice of three lemons. 1 saltspoonful salt.
 1 pint bottle of salad oil. Yolks of 6 eggs.
 Little cayenne pepper.

Break eggs in a bowl, add the salad oil drop by drop, stirring constantly one way. Add the lemon juice, one teaspoonful at a time, until all is used. Then add salt and cayenne. Keep in a cool place.

Waldorf Salad.

Cut into small cubes sufficient apple to make a cupful, and the same amount of the inner pieces of celery. Mix with mayonnaise and heap in a small mound on the small, crisp leaves of lettuce, put a spoonful of mayonnaise on top and place around it cold-boiled, heart-shape pieces of beets.

Cooked Mayonnaise Dressing.

" Mrs. (Dr.) Hanington.

- 2 tablespoonfuls lemon juice.
- 2 tablespoonfuls white wine vinegar.
- 4 yolks or two whole eggs.
- 2 tablespoonfuls butter.
- 1 teaspoonful seasoning.
- Seasoning to be mixed as follows:
 - ½ teaspoonful pepper.
 - 2 teaspoonfuls salt.
 - 1 teaspoonful sugar.
 - 1 teaspoonful mustard (dry).

(This dressing can be bottled as there is enough for several times).

Heat the vinegar and lemon juice, add beaten egg, butter and seasoning. Cook till it thickens. Cool and add one-half cupful of cream.

Dressing.

Boil one cupful of sugar and half a cupful water to a thick syrup. Add the juice of one orange, one lemon and two tablespoonfuls of pineapple juice. Place on the ice until ready to serve.

Boiled Dressing.

Miss Wilson, Quebec Street.

- 1 tablespoonful mustard.
- 2 tablespoonfuls sugar.
- 1 teaspoonful salt.

Mix with two tablespoonfuls milk, two eggs well beaten, one-half cupful vinegar, a pinch of soda, last, one-half cupful of milk. Boil after mixing.

Tomato Baskets.

M. L. McMicking.

Select tomatoes as near the same size as possible, remove the pulp, moisten the inside with French dressing. Chill thoroughly, fill with chicken salad, garnish top with mayonnaise and capers. Serve on lettuce leaves. Sweetbreads make a very nice filling.

Apple, Celery and Nut Salad.

Mrs. J. L. White.

1 cupful chopped apples.
 $\frac{1}{4}$ cupful of chopped nuts.
1 cupful chopped celery.

Orange Salad.

Remove from the seedless orange the thick peel, leaving the white inner skin to hold the sections together.

Slice the orange crosswise into one-fourth-inch slices, being careful to keep it in perfect shape. Stand the sliced orange on the blossom end; with a sharp knife cut the orange into two equal parts and form each half into a semi-circle, by carefully sliding the sections one over the other into shape, as shown in the illustration. If desired, place halved or whole strawberries between the semi-circles.

Put two tablespoonfuls of the following dressing over each orange:

Dressing.

Two tablespoonfuls each of lemon juice and vinegar, yolks of four eggs, two tablespoonfuls butter, one cupful of cream, two teaspoonfuls sugar and salt. Scald vinegar and lemon juice, pour over beaten yolks, add butter and cook until thick in a double boiler. Add seasoning and cream.

Fraser's White Gargle is excellent for all sore throats.

CHEESE DISHES

"What, and how great the virtue and the art,
To live on little with a cheerful heart."

Swiss Eggs.

Mrs. Eric B. McKay.

Grease a dish, cut or grate about four ounces of cheese, arrange some of the cheese at the bottom of the dish, sprinkle over a little pepper. Then break in from four to six eggs, taking care not to break the yolks; sprinkle over them little pepper and salt, also a layer of grated cheese, a few small bits of butter on top. Bake not more than ten minutes in a hot oven.

Deviled Toast.

Mrs. (Dr.) Hanington.

Two slices of toast, spread with one tablespoonful of butter rubbed with one-quarter teaspoonful dry mustard, ten drops of onion juice, pepper and little cayenne. Grate cheese over the top and place in oven until the cheese is melted.

Macaroni and Cheese.

M. L. McMicking.

Boil until tender, butter well a pudding dish, put alternate layers of macaroni, grated cheese, slight sprinkling mustard, Tobasco sauce few drops, red pepper one dash, butter in small bits, salt. Beat one or two eggs with enough milk to just come up to the top. Cover top with crumbs and butter. Cook twenty minutes, or little more. Serve at once.

Sardine Toast.

Season sardine paste with Worcestershire sauce and cayenne, and add one tablespoonful butter. Spread on rounds of buttered toast.

Bloater Toast.

1 teaspoonful bloater paste. 1 teaspoonful cream.
1 tablespoonful butter. Little cayenne.
1 teaspoonful anchovy sauce.

Stir in double saucepan till thick. Spread on four rounds of toast. Serve very hot.

Cheese Straws.

Mrs. R. B. McMicking.

Use chopped paste recipe (or remains of puff paste), chill, roll out, cover thickly with grated cheese, a little red pepper or Tobasco sauce, sprinkle with little nutmeg, fold over the paste into a small square, roll out, and cut with a paste jagger into narrow strips eight inches long. Bake in a quick oven light brown. Pile in log-cabin style, on lace paper d'oily, or tie them in pairs with baby ribbon. Serve at salad course.

Cheese Savories.

1 cupful grated cheese. Salt and cayenne.
1 cupful aspic jelly. 1 teaspoonful mustard.
 $\frac{1}{2}$ cupful whipped cream.

Put mixture into mould or yeast powder can. Stand on ice two hours. Serve with watercress at cheese course.

Or tablespoonful butter. 1 cupful milk.
1 tablespoonful flour.

Make a white sauce. When cooked add yolks of two eggs, one-quarter ounce gelatine, one cup grated cheese. Stand into hot water and stir until cheese is melted. Remove from fire and when cold add one cupful whipped cream, pinch cayenne and mustard. Put in well-buttered mould, freeze, turn out, ornament with aspic jelly and watercress, or serve on rounds of toast.

Cheese Savories.

Stir butter, salt, mustard and sugar smooth, add eggs well beaten, vinegar, and lastly milk. Place in a double boiler and stir until thick. This will keep for weeks if well covered.

Cheese Omelette.

Mrs. Leonard Solly.

4 ounces grated cheese.	A little pepper.
2 eggs.	1 teacupful of milk.

Whip well together. Butter a pie dish. Bake in a quick oven for half an hour, turn out on a flat dish and serve hot. Enough for three people.

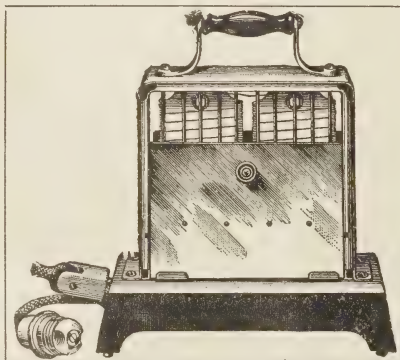
Cheese Souffle:

Mrs. R. B. McMicking.

Butter size of an egg.	1 tablespoonful flour.
$\frac{1}{2}$ cupful of milk.	1 cupful grated cheese.
Salt, spec cayenne.	3 eggs.
2 tablespoonfuls bread crumbs.	

Make white sauce, remove from fire, add the yolks well beaten, the crumbs, then cheese. When cold fold in the whites beaten stiffly. Bake in well-buttered dish twenty or twenty-five minutes. Serve at once.

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Welsh Rarebit.

Mrs. Justin Gilbert.

- 1 lb. cream cheese cut into small pieces.
- 1 tablespoonful of Worcestershire sauce.
- $\frac{1}{4}$ teaspoonful dry mustard.
- $\frac{1}{2}$ saltspoonful salt.
- 3 tablespoonfuls beer or milk.
- $\frac{1}{2}$ saltspoonful cayenne.

Place cheese and condiments in chafing dish over the hot water pan. When cheese is melted, add beer or milk and place directly over the blaze, stirring constantly until the mixture is stringy. Pour on toasted soda crackers, and serve with olives.

Cheese Souffle.

Mrs. A. E. Webster.

Melt one ounce of butter in a pan, add one ounce of flour, quarter pint milk, three ounces grated cheese, salt and cayenne, and boil well. Then stir in the yolks of three eggs. Beat well. Whip the whites to the stiffest froth and stir very lightly to the mixture. Bake in pie dish or souffle cups twenty minutes and serve at once.

Cheese Pyramids.

- 2 ounces of flour.
- 2 ounces of butter.
- 2 ounces of cheese.

Mix the above ingredients into a stiff paste with a little water, roll out about an inch thick, cut out into small round cakes or biscuits and bake in a quick oven for a few minutes. Whip some cream, add a little cheese and cayenne and pile it on top of the biscuits when cold.

Cheese Egg.

To the hard-boiled yolks add mustard, pepper, salt, butter and cheese to taste. Rub curvotte and fill the whites and stand in baking dish. Make a curvotte cream sauce with a liberal allowance of cheese, pour over the eggs, sift fine bread crumbs on the top and dish them with tiny bits of butter and bake ten minutes. Serve hot.

Cheese Pyramids.

Mrs. Prevost.

2 ounces flour.
2 ounces cheese.
2 ounces butter.

Mix together into a paste with the yolk of an egg and a very little cold water. Season with the grated rind of a lemon, cayenne pepper and a pinch of salt. Roll out and cut into rounds with a wine glass, and bake about five minutes in a hot oven. When cold, whip some cream until quite stiff, and add to it a little cheese and cayenne and pile on top of the cakes. The cheese must all be grated.

Cheese Croutons.

To make these croutons, take slices of stale bread and stamp them out in three-inch rounds. Saute these quickly in a little hot butter until pale brown.

For eight croutons grate six ounces of cheese; put it in a saucepan with one teaspoonful of butter and one table-spoonful of tomato catsup. Stir over the fire until the cheese is melted, then spread over the croutons.

Three minutes before serving dinner place them in the oven until the cheese is soft, then serve at once.

After a very bad cold Fraser's Palatable Cod Liver Oil with Hypophosphites is an excellent tonic and is easy to take.

SPECIAL LENTEN DISHES

After the hearty and often rather rich food which we eat in winter, a Lenten table is not only an agreeable change but a hygienic necessity. It also furnishes an opportunity for the housekeeper to experiment with unusual dishes.

Creams of vegetables are, of course, suitable Lenten soups. Into a quart of boiling milk stir a cupful of vegetable puree—that is, the vegetable boiled and pressed through a sieve; rub a tablespoonful each of butter and flour together in another saucepan over the fire and dilute slowly with the first mixture. Now, if this is a cream of cauliflower, add also a cupful of the flowers broken very small; if of celery, a few spoonfuls of the inner stalks boiled soft and diced; if of carrot, some tiny, long shreds of boiled carrot.

A delicious addition to any of the above soups is a gill of hot cream to the above quantity. Season to taste with white pepper and salt; underseasoning gives insipidity which it is difficult to correct at the table.

Bread Omelette.

For this excellent hot supper dish, soak two cupfuls of stale bread crumbs in two of hot milk; add a cupful of grated cheese, three beaten eggs and seasoning; cook like an omelette, or rather like two, for this quantity makes two, each of which is a liberal helping for three persons. Put butter the size of half an egg in the pan for each omelette and cook rather more slowly than for a plain omelette, fold over when the mixture becomes set. It will be two inches thick and as light as a soufflé.

Onion Soup.

Peel and slice as many onions as needed and boil in salted water until tender. Rub through a puree sieve and combine with milk and cream. Thicken slightly with a little flour, or cornstarch, and season to taste.

Almond Soup.

Cut four pounds of knuckle of veal into small pieces. Break or saw the bones into small pieces, add three quarts of cold water, and let cook just below boiling point for about four hours; then add one onion, sliced, two stalks of celery, chopped, a sprig of parsley, a tablespoonful of salt and six pepper corns. Let simmer an hour longer; strain and when cold remove the fat and heat again. Cream together one tablespoonful of butter and two tablespoonfuls of cornstarch; then with a little of the hot soup, then turn into the soup and boil for ten minutes. Add half a pint of cream and season with salt and pepper to taste; then add one-fourth of a cupful of blanched almonds pounded to a paste.

Oyster Souffle.

Scald in their liquor one pint of oysters, remove them and chop very fine. Blend smoothly together two heaping tablespoonfuls of butter and the same amount of flour, add three-quarters of a cupful of hot cream and the oyster liquor and stir over the fire until thick and smooth. Now add three tablespoonfuls of soft bread crumbs and half a teaspoonful of salt and cook for three minutes. Remove from stove, add the beaten yolks of three eggs and set aside until slightly cooled; mix in the chopped oysters a teaspoonful of lemon juice and the whites of the eggs beaten to a stiff froth. Turn into a souffle dish and bake in a moderate oven for twenty minutes. Serve immediately.

Potage a la Crecy.

This is a favorite Lenten soup, appetizing and hearty. Cut up four good-sized carrots, two potatoes, two onions and two sticks of celery and fry brown, not black, in beef drippings, olive-oil or butter, as preferred. Put in a saucepan with a quart of water, and cook until all the vegetables are quite soft enough to be pressed through a sieve. Then put back on the stove, adding a tablespoonful of butter, a teaspoonful of sugar, two tablespoonfuls of minced parsley, salt, pepper and nutmeg to season. Have ready three cupfuls of hot milk, thickened with a tablespoonful of flour. To this mixture add the puree of vegetables. Serve hot with croutons.

German Lentil Soup.

The lentil is a valuable food, too little known and appreciated. Even in flesh-eating households lentil soup once introduced is sure to find a permanent place on the list of favorite dishes. Wash and pick over one-half pound of lentils and put on to boil in a quart of water. Cut up two stalks of celery and five onions, and fry in butter until brown but not black. Add to the lentils and stew gently for two hours. Press through a colander, add half a pint of milk and as much cream as you can spare. Bring to a boil, add salt and pepper to taste and serve at once with croutons.

Cream of Salsify Soup.

This again is quite good enough for a feast instead of a fast. Clean three or four roots of salsify, throwing at once into cold water to prevent their turning dark. Cook tender in water to cover, then press through a coarse sieve. Add to the pulp a pint of milk, a teaspoonful of onion-juice and a tablespoonful minced parsley. Have ready another pint of milk thickened with a tablespoonful each of flour and butter, rubbed together. Add to the salsify mixture, and beat thoroughly. Just before serving, stir in the beaten yolk of one egg mixed with a half-cupful of cream. Have ready the stiffly whipped whites of two eggs, and drop by the spoonful into the hot soup. Cook a moment, then remove the kettle from the fire. Place a spoonful of the cooked white of egg on each plate as the soup is served.

Delicious Soup.

Cook until tender two cupfuls of shelled and blanched peanuts with a slice of onion and a stalk of celery; press through a sieve, reheat with one pint of white stock and stir into a white sauce, made of one-fourth of a cupful of butter and of flour and a pint of milk. Season to taste with salt and pepper.

Turnip Soup.

Slice twelve large turnips, four onions and four ounces of raw ham; put into a kettle with a tablespoonful of butter and a quart of stock. Simmer until done, then rub through a sieve. Reheat and add a pint of sweet cream, a teaspoonful of sugar and serve with fried croutons.

ITALIAN WAYS OF COOKING EASTER EGGS

Eggs with Tomato Sauce.

Boil the required number of eggs for twenty minutes, drop into cold water, and when cold remove the shells. Cut a slice from each egg so it will stand, then cut the eggs in half; take out the yolks, season with salt, pepper, butter and a very little onion juice, mash them together, add milk to make the mixture quite moist, and beat until light and smooth. Fill the hollow whites with this mixture and heap up in mounds. Place on a platter that will stand the heat and put them into the oven for eight minutes. Have tomato sauce to pour around them when cooked, and garnish.

Another Way.

Take about half a pint of bread crumbs, put them into a gill of milk, and stir over the fire until smoking hot. Add two tablespoonfuls of butter and four of grated cheese, stir a moment and take from the fire. Add salt, a little pepper and the yolks of three eggs; mix well, add the whites well beaten, turn into a baking dish and bake in the oven ten minutes.

Scotch Eggs.

These are delicious served hot or cold. The ingredients called for are one cupful lean cooked ham, chopped very fine, five hard-boiled eggs, one-third cupful stale bread crumbs cooked to a smooth paste in one-third cupful milk, one raw egg, one-half teaspoonful mixed mustard and a dash of cayenne. Add ham and seasoning to the bread and milk paste, together with the raw eggs. Mix well. Take the shells from the boiled eggs and cover with the seasoned ham and bread paste. Have ready a kettle of deep fat smoking hot, drop in the eggs, fry two minutes, drain, and if to be served hot send at once to the table. When served cold, cut in two lengthwise and arrange on lettuce or parsley.

Egg Balls.

Boil six eggs ten minutes. When they are cold, remove the shells and put the eggs in a mortar with the yolk of a raw egg, a tablespoonful of flour, some chopped parsley, a little salt and pepper. Then mix well together, roll it into small balls and fry in boiling lard.

Easter Egg Salad.

Boil the required number of eggs for twenty minutes, then cool in ice water. Remove the shells, cut the eggs in halves, take out the yolks and slice the whites in thin rings. Arrange these on a bed of crisp white lettuce leaves in a shallow salad bowl and fill each with the yolks of the eggs pressed through a potato ricer or strainer. Dress with mayonnaise. Serve with saltines and cheese balls moulded into little eggs; roll in finely minced parsley.

Lamb with Eggs.

Cut into small pieces a pound and a half of lamb, put it in a stewing pan with two tablespoonfuls of sweet olive oil, a bit of white onion and salt to taste.

JAMESON'S "FEATHER-LIGHT" BAKING POWDER
is made in Victoria, B. C.

SANDWICHES

"Small cheer and great welcome makes a merry feast."

—The Comedy of Errors.

Melbourne Sandwiches.

Mrs. A. E. Webster.

- 5 tablespöönfuls cooked chicken cut into dice.
- 2 ounces butter. $\frac{1}{2}$ tablespoonful curry powder.
- 2 tablespoonfuls ham. 4 tablespoonfuls grated cheese.
- 3 tablespoonfuls brown stock.

Cut twelve thin rounds of stale bread and fry in clarified dripping until golden brown. Mix sauce with curry powder, add chicken and ham, thicken until stiff. Make into sandwiches with the croutons of fried bread. Knead the cheese and butter, place in balls on top of each sandwich and place in over for five minutes.

Holiday Sandwiches.

Chop fine one gherkin, six stoned olives and one tablespoonful of capers, and mix with three tablespoonfuls of stiff mayonnaise sauce. Cut thin slices of bread, butter them and spread half of them with the above mixture and the remainder with cream cheese. Sprinkle over each slice a pinch of paprika and press together. Cut into fancy shapes. Garnish with parsley.

Cheese Sandwiches.

Mrs. T. Cusack.

- 1 tablespoonful vinegar $\frac{1}{4}$ lb. common cheese, grated.
- 1 hard-boiled egg. $\frac{1}{2}$ teaspoonful salt.
- $\frac{1}{2}$ teaspoonful mustard. $\frac{1}{2}$ teaspoonful pepper.
- $\frac{1}{2}$ teaspoonful melted buttr.

Take the yolk, put in small bowl, crumble it down, put into butter, mix smooth, add salt, pepper, mustard and cheese. Mix each well, then vinegar, which will make it a proper thickness.

Sandwiches.

Mrs. W. H. Bone.

Take one can of tongue, two or three heads of celery, two or three spoonfuls of chopped pickle, two teaspoonfuls of mustard, run all through the meat chopper and spread between thin slices of bread and butter.

Mock Pate de Foie Gras.

Mrs. R. B. McMicking.

1 lb. calves' liver.	1 onion.
$\frac{1}{2}$ cupful aspic jelly.	Sprig parsley.
$\frac{1}{2}$ bay leaf.	$\frac{1}{2}$ lb. bacon.
1 teaspoonful salt.	3 cloves.
$\frac{1}{4}$ cupful brown stock.	6 peppers.

Cut up small, fry liver, bacon, onion. When cool put through mincing machine. Add stock or water, and aspic jelly. Steam one hour. When cold you have a liver paste for sandwiches. Cut rounds of bread and spread paste on.

Walnut Sandwiches.

There is a large variety of sandwiches with which walnuts may be combined. A plain bread and butter sandwich, with finely chopped walnuts between and just a suspicion of salt sprinkled over, is good. The same with the addition of a crisp lettuce leaf and a teaspoonful of mayonnaise dressing is better. A chicken sandwich sprinkled with chopped walnuts has a pleasant flavor. Peanuts may be substituted for a walnut.

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BREAKFAST, LUNCHEON AND TEA DISHES

"Cheerful looks make every dish a feast."

Fish Balls or Cakes.

Mrs. E. B. McKay.

Take the remains of any cold boiled fish, take out the bones, mince fine, add some mashed potatoes, milk, butter, sauce that may be left over, some fine bread crumbs, also a raw egg well beaten. Mix, dip in beatened eggs, then bread crumbs, and fry.

Salmon in Mould.

Mrs. Justin Gilbert.

1 can salmon.	4 eggs beaten light.
1 cupful cracker crumbs.	1 cupful milk.
4 tablespoonfuls melted butter. Salt, cayenne, parsley.	

Remove skin and bones and mince fine. Mix and place in buttered mould. Steam one hour. Turn out on hot platter and pour around it the following sauce: One cupful boiling milk, half tablespoonful cornstarch, tablespoonful of butter, and the liquor from the can. Season with salt and cayenne, and lastly add one tablespoonful catsup and one well-beaten egg.

Anchovy Eggs.

Mrs. Leonard Solly.

Cayenne and salt to taste.	1 ounce butter.
6 rounds fried bread.	3 eggs.
3 teaspoonfuls anchovy sauce.	

Boil the eggs hard. When cold, shell them and cut in half, length way. Take out the yolks and pass them through a sieve, and to every egg add one teaspoonful of anchovy sauce, cayenne pepper and a small piece of butter. Beat all together and replace the whites. These eggs can be eaten either hot or cold, and should be served on fried rounds of bread. Enough for six persons.

Lemon Toast.

3 lemons.

6 eggs.

Take the yolks of three eggs and about a cup of milk, beat together. Put a piece of butter in the pan to brown the bread. Take the juice of the lemon and one-half cupful of sugar, and fill the cup with boiling water, pour the whole over the toast, beat the whites with the sugar and pour over.

Spanish Omelette.

Mrs. Mainguy, Duncans.

Cut a large onion in three slices and fry in butter until nicely brown, add four or five ripe tomatoes (canned will do), and four or five hot red chillies. Salt to taste, let simmer a few minutes and set on one side.

Prepare an ordinary savory omelette three eggs to one tablespoonful of milk, and when cooked lay some of the prepared mixture in the centre, fold the ends over and serve very hot. It should be eaten immediately. Cut the chillies in thin rings and put in the seeds.

Sausages.

Mrs. D. A. McTavish.

4 ounces salt.

1 tablespoonful of allspice.

Some ground herbs, if liked.

1 ounce ground pepper.

To twelve pounds sausage meat. After it is chopped make in small cakes and fry.

Eggs for Tea or Lunch.

"Rocklands," Comiakén.

Select four dozen fresh eggs, boil until hard, throw into cold water, then place on the stove half a gallon of brown vinegar, add one ounce of peppercorns, half ounce of whole allspice, the same of mace and ginger, also salt, three cloves of garlic, one tablespoonful of mustard. Allow all to simmer one hour and a half. Take the shells from the eggs and lay eggs whole in a jar. When the vinegar and above ingredients are cold, pour over the eggs; bury closely. Fit for use in three or four weeks.

A nice Breakfast or Lunch Dish.

Mrs. M. Edgson, Shoplands, B. C.

Procure from butcher a bullock head and half a pig's head. Simmer gently until the meat is tender. Have a warm tin on plate warmer and put the meat in, cutting into pieces to every six pounds of meat, add the following seasoning:

- 3 tablespoonfuls of salt.
- 1 tablespoonful of ground black pepper.
- " 1½ teaspoonfuls of ground cayenne.
- 1 saltspoonful of cloves.
- 3 tablespoonfuls allspice.

Then add as much of the liquor as you fancy. It forms a nice jelly. Put into moulds for turning out. Very acceptable at Xmas time, and will keep for weeks if kept in a cool, dry pantry.

Filets of Halibut.

St. Valentine.

Cut halibut into filets of moderate size. Take a tablespoonful of olive oil, stir in the juice of a lemon, salt and pepper to taste, spread the filets with this and let them lie an hour, then dip them in beaten egg and cover with cracker dust. Allow to stand a few minutes and fry in deep fat to a golden brown. When done, stick into each a wooden skewer to simulate a bone, and on the other end attach a heart-shaped handle made of red paper. Garnish with quarters of lemon and parsley.

Mock Maple Syrup.

Miss May Brown, Teacher of Domestic Science, Victoria Public School.

- | | |
|--------------------------|------------------------|
| 2 cupfuls brown sugar. | 2 teaspoonfuls butter. |
| 2 cupfuls boiling water. | 1 teaspoonful vanilla. |
| 1 cupful white sugar. | |

Make a syrup by boiling brown sugar and water ten minutes melt white sugar in a frying pan, then carefully add syrup, stirring constantly. Remove from fire and add butter and vanilla. If syrup is too thick, thin with boiling water.

French Pancakes.

Mrs. John S. Lort.

2 ounces sifted sugar.	3 eggs.
2 ounces flour.	$\frac{1}{4}$ pint milk.
2 ounces butter.	

Beat well and bake in saucers half an hour. Turn one over another, having previously spread strawberry jam between. Serve at once.

Cream Toast (Good).

Mrs. Jenkenson.

Dissolve two teaspoonfuls cornstarch in a little cold milk and cook until quite thick in one pint of milk, add two teaspoonfuls butter, pour moiling mixture over well-beaten whites of two eggs, salt. Pour dressing over well-buttered toast, sprinkle a little grated cheese over all with the addition of a pinch of cayenne.

Potato Cheesecake.

Mrs. Lort.

1 lb. cold mashed potatoes.	$\frac{1}{2}$ pint milk.
$\frac{1}{4}$ lb. butter or lard.	2 eggs.
$\frac{1}{4}$ lb. sugar.	Lemon essence to taste.
3 oz. currants.	

Mix the three first-named ingredients together, add remainder. Bake one hour in a quick oven, Afterwards line small patty tins with pastry, fill with mixture and bake until pastry is cooked.

Scrambled Eggs With Tomato Sauce.

Miss May Brown, Teacher Domestic Science, Public School.

6 eggs.	1 slice onion.
$1\frac{3}{4}$ cupfuls tomatoes.	$\frac{1}{2}$ teaspoonful salt.
2 teaspoonfuls sugar.	$\frac{1}{8}$ teaspoonful pepper.
4 tablespoonfuls butter.	

Simmer tomatoes and sugar five minutes; fry butter and onions three minutes, remove onion and add tomatoes, seasonings and eggs slightly beaten. Cook until creamy consistency, stirring and scraping from bottom of the pan.

Prussian Pancake.

Mrs. H. Fry Chemainus.

Beat $1\frac{1}{2}$ ounces of butter to a cream and add slowly :

2 ounces crushed sugar.

2 ounces flour.

2 eggs and $\frac{1}{2}$ pint milk.

Beat white and yolks separately, put into six saucers well greased, and bake twenty minutes. Fold over with jam between.

Italian Baskets.

Mrs. A. E. Webster.

Six or eight small moulds lined with dough, then pastry and bake. One-quarter pint white sauce, yolks of two eggs, pinch of salt, pepper, nutmeg, sugar and one chopped onion, juice of half a lemon. Mix ingredients all together, then add two ounces cold roast game, cut into dice two ounces boiled macaroni, small piece of chopped ham and a little chopped mushroom. Fill cases and serve hot.

French Pancakes.

Mrs. M. Edgson, Shoplands, B. C.

2 tablespoonfuls flour.

2 eggs.

2 tablespoonfuls sugar.

2 ounces butter.

$\frac{1}{2}$ pint of milk (cream, if you like them richer).

Beat the eggs thoroughly, add them to the butter, which should be beaten to a cream, then the sugar, then the flour. When well mixed add the milk, beat the mixture well for a few minutes. Put in buttered saucers and bake twenty minutes.

Nut Loaf.

Mrs. Stadthagen.

Mix one cupful of bread crumbs with one cup of mixed ground nuts, wet with a cup of sweet milk and one beaten egg. Season with salt, pepper and sage, grate into it just a tinge of onion. Mix well and let stand a few minutes. Pour into buttered baking dish and bake twenty-five minutes.

Baked potatoes are nice to eat with the nut loaf.

Sponge Fritters.

Edith L. Higgins.

1 cupful flour.	2 or three eggs.
1 cupful water or milk.	1 teaspoonful butter.
A little salt.	

Boil the water, butter and salt. When boiling put in the flour, take off and stir well. When cold beat in the eggs, yolks first, drop in boiling fat, a tablespoonful at a time. Powder with sugar. Very good.

Pork and Beans.

Miss Lawson (Kingston St.).

Soak one quart beans over night. In the morning put them on to boil in cold water, until when you blow on them the skins crack easily. Put a slice of corned pork, clear fat in bottom of bean-pot, then put in beans, place one-third of a pound pork, clear fat, leave rind on pork, and sink pork in beans so that only the rind will show. Mix in a cup one heaping tablespoonful dry mustard, one-half teaspoonful salt, one-quarter teaspoonful black pepper, one dessertspoonful molasses. Fill the cup with boiling water, and stir until the ingredients are mixed. Pour over the beans in the pot. Fill pot with boiling water until it covers the beans. Bake from ten to twelve hours. Add boiling water as the water in the pot boils away. Towards the end of the baking the water need not cover the beans.

JAMESON'S "FEATHER-LIGHT" BAKING POWDER
is Wholesome and Reliable.

PASTRY

"Who'll dare deny the truth, there's poetry in pie."

—Longfellow.

In making a fruit pie, if the crust, after being placed in the tin, is rubbed over with the white of an egg, it will keep it from absorbing the juices of the fruit, and prevent it from becoming soggy. To prevent the juice from running out of a pie, wet a narrow strip of cloth and tie around the edge of the pie before putting in the oven.

Puff Paste.

Mrs. John Brown, "Cherrybank."

Four ounces butter. Rub the butter and one pound of flour together freely; mix it with as much cold water as will make it nice soft dough, roll it out, give it five or six folds, roll it out again in a large sheet, on one side spread twelve ounces of butter; cut into small pieces, fold the other side over it and press it round the edge, then roll out again and fold it six times, put it in a cool place to firm for half an hour, roll it out again and give it four folds, when it will be finished.

French Chopped Paste.

M. L. McMicking.

1 cupful butter.

Yolk 1 egg.

Juice of small lemon.

½ cupful water (small).

1 pint flour.

1 teaspoonful sugar.

Pinch salt.

Put butter, sugar, flour, salt, thoroughly chilled, into bowl and chop very fine; beat the egg, add cold water, and lastly the lemon; it should be a half cupful altogether; add gradually to the flour, but not to make it the least thin or sticky. Roll on a well-floured board (do not handle it more than necessary); fold up and put on ice or stand outside to thoroughly chill.

Mincemeat.

Mrs. Macfarlane.

Three pounds apples, weighed after peeling and mincing very small. Put these into a bowl with one pound of finely-minced beef suet and two pounds mutton suet, three pounds currants, two pounds raisins, stoned and minced, three ounces of candied peel and one ounce ground pudding spice. Add one and a half pounds of sugar. Mix well, put in a jar, pour over quarter of a pint of spirits or the juice of three lemons.

Orange Pie.

Madam Charles Muriset.

Put in saucepan one teacupful milk, one tablespoonful sugar. When boiling pour in slowly and stir four well-beaten eggs, one tablespoonful cornstarch dissolved first in little cold milk; let boil till thick. Remove from fire, mix in one cupful of orange juice, make an ordinary pie crust, pour over the mixture and bake.

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Mincemeat.

Mrs. A. G. Clark, Happy Valley, B. C.

1 lb. raisins.	$\frac{1}{2}$ lb. citron.
1 lb. currants.	$1\frac{1}{2}$ lbs. sugar.
1 lb. suet, chopped fine.	4 lbs. apples, chopped fine.
Salt, spices to suit taste.	

Soyer's Recipe for Puff Paste.

Miss Kate Fox.

To every pound of flour allow the yolk of one egg, the juice of one lemon, one-half teaspoonful salt, cold water, 1 pound fresh butter.

Put the flour on the paste-board, make a hole in the centre, into which put the yolk of the egg, the lemon juice and salt; mix the whole with cold water (this should be iced in summer) into a soft, flexible paste, with the right hand, and handle it as little as possible, then squeeze all the buttermilk from the butter, wring it in a cloth; then roll out the paste, place the butter on this, and fold the edges of the paste over, so as to hide it; roll it out again to the thickness of one-quarter inch, fold over one-third, over which again pass the rolling-pin; then fold over the other third, thus forming a square; place it with the ends top and bottom before you, shaking a little flour both under and over, and repeat the rolls and turns twice again as before. Flour a baking-sheet, put the paste on this, and let it remain in a cool place for one-half hour, then roll twice more, turning it as before; place it again in the cool place for one-quarter of an hour; give it two more rolls, making seven in all, and it is ready for use when required.

Mincemeat (English).

Mrs. Edward Gordon.

2 lbs. raisins.	2 lbs. sugar.
1 lb. almonds.	3 lbs. currants.
1 lb. apples.	1 lb. ratafia biscuits.
A little spice.	Juice of three lemons.
1 lb citron and orange peel.	

Chop all finely except currants, mix well and add one-half pint brandy.

Reliable Mince Pies.

1 lb. currants.	1 lb. brown sugar.
1 lb. sultana raisins.	1 lb. seedles raisins.
1 lb. candied citron peel.	$\frac{1}{2}$ lb. chopped almonds.
1 lb chopped suet.	1 ounce mixed spices.
1 lb. chopped apples.	$\frac{1}{2}$ pint brandy.
Grated rind and juice of 3 lemons.	
Grated rind and juice of 3 large oranges.	

Chop the peel fine and put it into a large jar, then add all the other ingredients. The raisins and currants should be carefully cleaned. Mix and cover. Keep for two weeks before using. For a dozen individual mincemeat pies line gem-pans with puff pastry; put in the centre two heaping teaspoonfuls of the mincemeat; cover with rounds of pastry the size of the top of the pies. Brush over with beaten egg, and bake in a hot oven for fifteen minutes.

Orange Pie.

Mrs. Gill.

Grate rind of one orange, and take juice of two and one-half oranges, one cupful of sugar and one and one-half tablespoonfuls flour, yolks of three eggs, well beaten, two tablespoonfuls mulled butter. Turn this into a pie pan, bind with pie crust and bake in a quick oven. When done spread on the top the beaten whites of three eggs, sweeten with two tablespoonfuls sugar and brown in oven.

Lemon Pie.

Mrs. Wood.

The grated rind and juice of two lemons, two cups of sugar, three eggs, a piece of butter the size of an egg. Rub smooth in cold water two tablespoonfuls of cornstarch. Stir it into two cupfuls of boiling water. Add sugar and butter. When nearly cold add yolks of three eggs and one of the whites beaten together, the grated rind and juice of two lemons. Bake in two pie plates lined with crust. Beat up the two whites with two tablespoonfuls of sugar, spread over pies. After they are baked sprinkle with sugar and brown.

Apple Cheesecakes.

Mrs. James Gaudin.

Peel some apples and grate them to the core, taking equal weights of apple, sugar and butter, and flavor with a little grated lemon-rind. Melt the butter, add the other ingredients and mix together, then add one egg for each one-quarter pound of pulp. Bake in small patty tins with a puff paste.

Lemon Paste for Tartlets and Layer Cakes.

Mrs. Eric B. McKay.

$\frac{1}{4}$ lb. butter.	6 eggs, leaving out 3 whites.
1 lb. white liquor.	Rind and juice of 2 lemons.

Simmer slowly, stirring all the time, until the sugar dissolves and begins to thicken, then put into a jar, air-tight. Will keep well for a month or two if wished.

Lemon Pie.

Mrs. James Sargison.

The grated rind and juice of one lemon. Pour one cupful of boiling water on lemon and let cool. Then add one cupful of sugar, four eggs well beaten (save the whites of two for top of pie), one tablespoonful of flour mixed smooth in little water. Line deep pie tin with good rich paste and pour in the mixture. Bake in rather hot oven until set like custard. Beat whites of eggs to stiff froth, add one tablespoonful sugar, put on top of pie and return to oven to brown.

Lemon Paste.

(Will keep a year if not eaten.)

"Rocklands," Comiaken.

1 lb. of lump sugar.
Juice of four lemons.
6 eggs, omitting the whites of two.

Grate the rinds of two, add a quarter pound of butter, stir gently over a slow fire until the mixture becomes thick and looks like honey. Put in sealers.

Lemon Pie.

Miss J. Scott.

6 eggs.
6 tablespoonfuls of sugar.
2 lemons.

Make a nice pie crust and bake in a pie plate. While baking beat the yolks of six eggs with six tablespoonfuls of sugar, gradually add the juice of two lemons and grated rind of one; beat all up together. Put in a double boiler and cook until begins to thicken. Remove from the fire, add beaten white of six eggs, stir them in lightly, then pour into your shell. Put into the oven until a light brown.

Egg Pie.

Mrs. A. J. Dallain.

Ingredients: Four eggs, cold potatoes, butter, pepper, salt, a little milk, bread crumbs, cold white sauce.

Boil the eggs till very hard, throw them into cold water and remove the shells, cut the eggs in slices, mash some cold potatoes with butter, pepper and salt, and a little milk; spread a layer of the potatoes in the bottom of a small, well-buttered baking dish, add some of the sliced egg, then a little white sauce. Repeat the layers until the dish is full and finish with a layer of potatoes. Scatter bread crumbs thickly on top, put a few bits of butter here and there and place in the oven till very hot, by which time the pie should be a delicate golden brown. Serve hot. This is delicious with cold meat.

Mincemeat.

Mrs. Longfield.

4 lbs. apples.	¼ oz. ground cinnamon.
2 lbs. sugar.	3 lbs. currants.
¾ lb. mixed peel.	2 lbs. Valencia raisins.
2 lbs. suet.	1 lb. sultana.
A little salt.	1 nutmeg.

The grated rind and juice of two oranges and two lemons. Brandy to taste.

Apple Cheesecakes.

Miss Kate Fox.

$\frac{1}{2}$ lb. apple pulp.	4 eggs.
$\frac{1}{4}$ lb. sifted sugar.	Rind and juice of one lemon.
$\frac{1}{4}$ lb. butter.	

Pare, core and boil sufficient apples to make one-half lb. when cooked; then add the sugar, the butter (melted), the eggs (leaving out two of the whites) and the grated rind and juice of one lemon; stir the mixture well, line some patty pans with puff paste, put in the mixture and bake about twenty minutes. This will make twenty cheesecakes.

Seasonable from August to March.

(I added a little grated sweet biscuit to the mixture before baking and thought it a nice addition. My friends thought them delicious).

Mincemeat.

Mrs. Leonard Solly.

Take six good-sized lemons and grate the outside rind entirely from them and squeeze the juice out. Boil the white part in fine soft water until they are tender, then wipe them in a soft cloth and chop them very fine. Six fine large apples pared and chopped, one and one-half lbs. raisins, stoned and chopped, one and one-half pounds currants washed, picked and dried, two and one-half lbs. moist sugar, two lbs. beef suet chopped very small. Mix all these ingredients well together with the pieces and grated peel of the lemons and a teacupful of French brandy.

This will keep some time if well tied down.

BREAD

"The very staff of life, the comfort of the husband, the pride of the wife."

"That breakfast-roll, I like its mechanical consistency, soft, spongy, well-tempered and flavored internally."

—Oliver Wendell Holmes.

Yeast.

Mrs. D. A. McTavish.

Two quarts boiling water, a large handful or one-quarter ounce hops tied in a cloth, one and one-half pounds potatoes, peeled; boil twenty minutes or until the potatoes are soft; one and one-half pounds flour. Take out the hops and mash the potatoes and pour all into the flour, stirring till smooth. Add one tablespoonful salt and one of sugar. When cool add one pint yeast and set by the fire to rise. Next day strain and put in Mason jars and keep in a cool place.

One cup to three cups of water for bread.

Boston Brown Bread.

Miss Lawson (Kingston St.).

1 quart milk or water.	2 cupfuls cornmeal.
3 cupfuls Graham flour.	1 teaspoonful soda.
1 cupful molasses.	A little salt.

Steam in yeast powder tins for five hours.

Graham Brown Bread.

Mrs. Hardress Clarke.

Make a sponge of two cupfuls of flour, butter size of an egg, one-half cup of yeast. Water enough to make a stiff butter. In the morning add one-half cupful of molasses in which a piece of B. soda (the size of a bean) has been dissolved, one and one-half cupfuls of Graham flour. Bake one hour in a slow oven.

Bread.

Miss McKeand.

4 cups boiling water, or milk and water in equal proportions.

2 tablespoonfuls butter. 3 teaspoonfuls salt.

2 tablespoonfuls sugar. Flour to knead.

1 yeast cake, dissolved in luke-warm water.

Pour liquid over butter, salt and sugar. When luke-warm add yeast and flour. Knead until smooth on slightly floured board. Cover and let rise to double its original size. Knead again, shape into loaves, place in greased pans, let rise to double its size and bake in hot oven.

Corn Flour Buns.

Mrs. Longfield.

$\frac{1}{4}$ lb. flour. 1 teaspoonful baking powder.

$\frac{1}{4}$ lb. of butter. 2 eggs.

$\frac{1}{2}$ lb. of sifted sugar. $\frac{1}{4}$ lb. corn flour.

Beat the butter to a cream, then add sugar, eggs and flour by degrees, and a little milk to make it a proper thickness, and a pinch of salt.

Tea Cake.

Miss Fox.

2 lbs flour. $\frac{1}{4}$ lb. butter or lard.

$\frac{1}{2}$ teaspoonful salt. 1 egg.

A piece of German (or $\frac{1}{2}$ Royal yeast cake) yeast size of a walnut.

Warm milk.

Put the flour into a basin, mix with it the salt, and rub in the butter or lard, then beat the egg well, stir to it the yeast, and add these to the flour with as much warm milk as will make the whole into a smooth paste, and knead it well. Let it rise near the fire, and, when well risen, form it into cakes; place them on tins, let them rise again before putting them into the oven. These are very nice with a few currants and a little sugar and essence of lemon added to the other ingredients according to taste; they should be put in after the butter is rubbed in. Bake from one-quarter to one-half an hour in a moderate oven.

Plain Buns.

Mrs. F. Page.

1½ cupfuls flour. Little salt.

2 teaspoonfuls baking powder.

Mix a dessertspoonful of butter, rub in well, wet with milk till soft. Bake in hot oven. This cuts eight buns.

Biscuits.

“Rocklands,” Comiaken.

(Very nice for 4 o'clock teas.)

One tablespoonful sugar.

3 eggs.

1 teaspoonful caraway seeds.

Beat the above for five minutes, then use sufficient flour to form a dough; roll as thin as a wafer, cut with a wine-glass, prod with a fork. Have ready one pound of butter at boiling point, let them boil until a light brown, the butter to be kept boiling all through.

S. MACLURE ARCHITECT



19 and 20 Green Block

Victoria, B. C.

Crumpets (an old English Recipe).

Mrs. McCoy.

1 quart warm milk.
 $\frac{1}{2}$ cupful yeast.
1 teaspoonful salt.
Flour sufficient to make a thin batter.

When light add one-half cupful of melted butter. Let stand twenty minutes before cooking.

Graham Muffins.

Mrs. Rome.

One pint Graham flour, mixed with milk to a stiff batter, two teaspoonfuls of baking powder, one-half teaspoonful salt, one-half teacupful brown sugar, same of syrup, one egg, piece of butter size of an egg. Bake in muffin tins.

Wheat Flour Gems.

2 cupfuls buttermilk.	$\frac{1}{2}$ teaspoonful salt.
1 tablespoonful butter.	1 teaspoonful sugar.
1 teaspoonful soda.	$2\frac{1}{2}$ cupfuls flour.

Dissolve soda in a teaspoonful of warm water and add to milk before stirring in flour; add melted butter last. Fill hot gem irons nearly full of the batter and bake in a hot oven 15 or 20 minutes.

Boston Brown Bread.

Mrs. R. E. Tining (Regina).

2 heaping teacupfuls rye flour.
1 cupful corn meal.
2 cupfuls Porto Rico or Orleans molasses.
2 cupfuls sweet milk.
1 cupful sour milk.
1 dessertspoonful baking powder.

Beat thoroughly milk and molasses and mix dry ingredients, boil in baking powder tins three hours; fill only about three-quarters full and allow water about two inches from top of tins, and keep water boiling. Dry for a minute or two in open oven.

Boston Brown Bread.

Mrs. W. S. Gore.

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| 1 level teaspoonful soda. | 1 cupful molasses. |
| 1 level teaspoonful salt. | 3 cupfuls rye flour. |
| 1 cupful Indian meal. | 1 pint sour milk. |
- Steam three and one-half hours. Bake half an hour.

Fruit Rolls.

Make a baking powder biscuit crust of:

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| 2 cupfuls flour. | 2 tabelspoonfuls butter. |
| $\frac{1}{2}$ teaspoonful salt. | 2-3 cupful milk. |
| 2 teaspoonfuls baking powder. | |

Roll to one-quarter inch in thickness. Brush over with melted butter, sprinkle with one-third cup raisins, chopped fine, two tablespoonfuls citron, chopped fine, two tablespoonfuls sugar, one-third teaspoonful cinnamon, and roll up like a jelly roll. Cut into pieces three-quarters of an inch thick and bake in a quick oven 15 minutes.

Coffee Kuchen.

Mrs. Sutton.

Set some sponge over night as for bread-making. In the morning mix a cupful of sugar with a tablespoonful of butter and two well-beaten eggs; mix thoroughly with the sponge and enough flour to make soft dough. Raisins may be added if liked. Roll out as soft as can be handled and set to rise till very light, then spread on melted butter, sugar, cinnamon and ground nuts.. Moderate oven.

Whole Wheat Bread.

M. L. McMicking.

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| 3 cupfuls whole wheat flour. |
| 1 teaspoonful salt. |
| 2 tablespoonfuls granulated sugar. |
| 1 teaspoonful soda. |

Stir the soda into one cupful of sour milk, then add enough sour milk to make a stiff batter, bake one hour in moderate oven.

Nice Yeast Cake.

Mrs. Sutton.

1½ lbs. flour.	3 eggs.
½ lb. butter.	¾ lb. currants.
½ pint milk.	½ lb. white moist sugar.
1½ teaspoonfuls of good yeast.	
2 ounces candied peel.	

Put the milk and butter into a saucepan and shake it round over a fire until the butter is melted, but do not allow the milk to get very hot. Put the flour into a basin, stir to in the milk and butter, yeast and eggs, which should be well beaten, and form the whole into a smooth dough. Let it stand in a warm place, covered with a cloth, to rise, and when sufficiently risen, add the currants, sugar and peel thinly sliced. When all the ingredients are thoroughly mixed, line two moderate sized cake tins with butter paper, (which should be about six inches higher than the tin), pour in the mixture, let it stand to rise again for another half hour and then bake the cakes in a brisk oven about one and a half hours.

Rolls.

Mrs. Rome.

1 quart sifted flour.	Pinch salt.
3 tablespoonfuls butter.	Milk to mix very soft.
2 teaspoonfuls baking powder.	
Bake ten minutes in hot oven.	

Bun Loaf.

Mrs. George Fox.

1 lb. flour.	1 egg.
6 ounces sugar.	Salt.
2 ounces butter or lard.	Citron peel.
2 teaspoonfuls baking powder.	
1 gill milk (milk and water is better).	

Mix all dry ingredients together, rubbing in the butter and cutting the peel (about three thin slices) very fine. Beat up egg, mix with the milk, add to mixture, and make into light dough not too moist. Put into greased tin, let rise for twenty minutes and bake in moderate oven for three-quarters or one hour.

Walnut Bread. (Good.)

Miss Bertha Morley.

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| 4 cupfuls flour. | 2 eggs. |
| 4 teaspoonfuls baking powder. | 1 cupful milk. |
| 4 teaspoonfuls brown sugar. | 1 cupful sultanas. |
| 1 teaspoonful salt. | 1 cupful walnuts. |

Knead a little and let it rise for three-quarters of an hour.

Maryland Biscuit.

Mrs. Tilton.

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| 1 lb. flour. | Salt to taste. |
| 1 oz. butter. | Just enough water to wet the flour. |
| Just enough milk to make into a very stiff dough. | |

Rub flour and butter together, add salt, and the water to wet the flour. Add enough milk to make the dough stiff. Knead the dough, then pound with a rolling-pin. Break into bits and begin kneading again. Pound and knead for an hour, and sometimes two. The dough will be very smooth and light. When sufficiently kneaded make into small biscuits and bake in a moderate oven. This is perhaps a discouraging recipe, but it is well worth the trouble. The biscuits, if properly made, are simply unparalleled.

Buttermilk Loaf.

Mrs. Longfield.

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| 1 lb. flour. | $\frac{3}{4}$ lb. fruit or carraway seeds. |
| 5 oz. of sugar. | A teaspoonful carbonate of soda. |
| 5 oz. of butter. | 3 eggs and a gill of buttermilk. |
| Essence or spice to taste. | |

Almond Biscuits.

Mrs. W. J. Sutton.

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| 1 lb. flour. | 2 large or 3 small eggs. |
| 1 lb. powdered sugar. | Salt. |
| 2 ounces butter. | |

A few drops of either essence of almonds or lemon.

Make into small balls and roll in sugar. Moderately hot oven.

Steamed Brown Bread.

Mrs. Hardress Clarke.

$1\frac{1}{4}$ cupfuls of flour. 1 teaspoonful of B. soda.
 $\frac{1}{2}$ cupful of molasses. $\frac{1}{2}$ cupful of yeast.
 $1\frac{1}{2}$ cupfuls of cornmeal. 1 egg.
 Enough warm water to make a stiff batter.

Add the yeast last and steam three hours.

Southern Corn Bread.

Mrs. Tilton.

Two cupfuls of rice boiled dry, so that the grains are separate, one quart milk scalded with the rice, two-thirds cupful of white cornmeal, one ounce of butter, two eggs, one tablespoonful (level) of salt.

Cut the butter into small pieces, and mix or toss through the cornmeal. Pour the scalded milk and rice over and mix well, then add the eggs and salt. If the batter is not very thin, add a little more scalded milk. Pour into buttered pudding dish and bake in a quick oven for at least three-quarters of an hour. Be sure your oven is quick.

Corn Bread.

Mrs. L. G. McQuade.

1 pint cornmeal. 1 egg.
 1 pint flour. 1 pint milk.
 1 teaspoonful salt. Butter size of egg, melted.
 1 teaspoonful sugar.
 2 teaspoonfuls of baking powder.
 Bake twenty minutes in quick oven.

Nut Loaf.

M. L. McMicking.

4 cupfuls flour. $\frac{1}{2}$ cupful sugar, granulated.
 1 teaspoonful salt. 2 cupfuls milk.
 1 cupful sultanas. 4 teaspoonfuls yeast powder.
 1 cupful walnuts, chopped.

Mix and let stand twenty minutes; bake one hour. Moderate oven.

Plain Scones.

Mrs. Eric B. McKay.

Three cupfuls flour, salt and a teaspoonful of white sugar, one small teaspoonful cream-of-tartar, same carbonate soda; sift all well together, then rub in a good tablespoonful lard, mix to a soft dough with buttermilk or sour milk, roll out, cut into shapes, put in baking pan, bake in a gentle oven. Just before they are quite done brush over with a little melted lard. Put in oven again one minute.

Buns. (Excellent.)

Mrs. Jenkenson.

4 cupfuls flour.	1 cupful milk.
$\frac{1}{2}$ cupful sugar.	$\frac{1}{4}$ cupful butter.
$\frac{1}{2}$ cupful yeast dissolved in	$\frac{1}{2}$ cupful water.
2 eggs.	

Beat eggs and sugar, melt butter in milk, add flour and yeast, a little nutmeg and salt, when light make to small tea buns, rise again, then bake.

Soda Scones.

Mrs. Eric B. McKay.

Three cupfuls flour, salt, a teaspoonful white sugar, small teaspoonful cream-of-tartar, same of carbonate of soda. Mix all well together, then rub in the flour a good tablespoonful of lard. Then mix with buttermilk or sour milk into a soft dough, roll out to half an inch thickness, cut in shapes, and bake in a quick oven.

Corn Bread.

Miss Eberts.

One cupful cornmeal. Scald meal with one cupful boiling water and stir until cool. Put one teaspoonful of butter and some salt, then add three-quarters cupful of sweet milk with a little cream in it. Then beat three eggs separately and add to above mixture. Before you add the whites put in large teaspoonful of baking powder. This makes a thin batter. Bake about half an hour.

Gems or Crumpets.

Mrs. L. G. McQuade.

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| 1½ pints of flour. | 1 egg. |
| 1 teaspoonful salt. | 1 pint milk. |
| 1 teaspoonful sugar. | Butter size of egg. |
| 2 teaspoonfuls baking powder. | |

Beat well. Bake twenty minutes in hot gem pan, well buttered.

Raisin Buns.

Mrs. G. Fox.

- 3 large cupfuls whole wheat flour.
- 1 large cupful white flour.
- 4 teaspoonfuls baking powder.
- 1 cupful brown sugar.
- 1 cupful sultana raisins.
- 2 eggs.
- 1 cupful butter and lard (half and half).
- 1 cupful water.
- 1 cupful milk.
- Salt to taste.
- 2 thin slices citron peel.

Mix dry ingredients together, rub in shortening, add raisins and finely shredded peel. Beat up eggs, add to milk and water, and make mixture into light dough. Roll out, cut into small round cakes with cutter, place on buttered tin and bake in quick oven for about quarter of an hour until nicely browned. This quantity makes about 30 buns.

Crullers.

Mrs. Tilton. (From M. 1795.)

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|---------------|--------------------------------|
| 2 lbs. flour. | 2 tablespoonfuls milk. |
| ½ lb. butter. | ½ teaspoonful ground cinnamon. |
| ½ nutmeg. | Pearlash the size of a pea. |
| ¾ lb. sugar. | |

Mix, roll on pastry-board and cut not too thin with a cutter into long strips. Tie into knots or cut in rings, and fry a delicate brown in boiling lard. Place on brown paper to absorb the grease, and powder with castor sugar.

This is a very old recipe and most delicious.

Spanish Bun.

Miss C. E. Lang.

$\frac{1}{2}$ cupful molasses.	$\frac{1}{4}$ cupful lard.
1 cupful brown sugar.	$\frac{1}{4}$ cupful butter.

One teaspoonful soda dissolved in one-half cupful boiling water, cinnamon, cloves, ginger, nutmeg, one-half teaspoonful baking powder, flour to mix the same as layer cake. Bake in moderate oven.

Old Tea-wafer. (Southern, 1795.)

Mrs. Tilton.

1 lb. flour.	2 eggs.
$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ spoonful nutmeg.
$\frac{1}{2}$ lb. sugar.	$\frac{1}{2}$ spoonful cinnamon.

Mix and roll them, curling into cylinder-shaped wafers, and bake quickly. Serve fresh with tea or coffee.

Light Corn-cake. (Good.)

Mrs. N. Clark.

A pinch of salt.	1 cupful sweet milk.
1 cupful cornmeal.	1 egg.
1 cupful flour.	1 tablespoonful sugar.
2 teaspoonfuls of B. Powder.	

Crumpets.

"Rocklands," Comiaken.

Set two pounds of flour with one-half a cupful of good yeast, a little salt; use warm milk and water (half and half), until it is as stiff as can be stirred. Put in a warm place to rise, then add three well-beaten eggs and milk as warm as can be borne with the finger. Let the batter remain until quite light to rise, put a bit of butter the size of a walnut in a piece of muslin, rub lightly a small frying-pan, previously heated, and cook like scones. Delicious for breakfast or tea.

Spanish Bun.

• Mrs. H. R. McIntyre.

2 eggs.	1 cupful of sweet milk.
1 cupful sugar.	$\frac{1}{2}$ nutmeg.
$\frac{1}{2}$ cupful of butter.	$1\frac{1}{2}$ cupfuls flour.
3 teaspoonfuls baking powder.	
1 dessertspoonful of cinnamon.	

PATTY CASES AND THEIR MANY USES

Patty cases, an inspiration of the clever chef Malley, have become one of the daintiest and most practical features of modern cookery. Their uses are manifold and they are suitable for innumerable fillings appropriate for almost any course for formal as well as informal meals, since the cases themselves may be made beforehand and filled when required to serve; the final rush which is inevitable in serving even a simple meal is minimized by their use.

Made of potato paste, the case is useful to serve peas and vegetables that have been cooked and diced, minced meats and ragouts of fish, poultry and meat. Cases made of fried bread may be filled with either sweet or vegetable mixtures. Cases made of hominy or maize meal, fried, and filled with savory mixtures are very tasty. They are extremely simple to make and may either be used by themselves or made very small and used as a garnish around some appropriate dish.

For ice cream, frozen desserts and other dainties, wafer cases may be bought, or one can make them with comparatively little effort, and there is no prettier method of serving frozen sweets than in this form. Cases also may be made by cutting the centres from small cakes, preferably sponge cake. These are filled with stewed or fresh fruit and covered with a meringue made either of the whipped whites of eggs or whipped cream with a preserved strawberry or cherry on top of the meringue, which may be tinted.

Cases of Nouille Paste with Cheese Souffle.

Make nouille paste, but do not bake too long at first, as they must again be put in the oven. Prepare a souffle of a teaspoonful of flour, a tablespoonful of butter, half a cupful each of milk and cream, seasoning, three eggs and quarter of a pound of cheese. Melt the butter, stir the flour in smoothly, add the milk and cream which has been heated, then the yolks of the eggs very carefully, the grated cheese,

and lastly the stiffly beaten whites of the eggs. Fill the cases half full, bake until a light brown and well puffed up and serve at once.

Nouille Cases.

4 heaping tablespoonfuls of flour.

Yolks of 2 eggs.

Pinch of salt.

Just enough milk to make a stiff batter.

Roll out to wafer-like thinness and line small tins, preferably fluted ones, taking care however to press the paste well down to prevent bubbling, bake in a moderate oven for ten minutes, then fill with the following or any other suitable mixture:

Make a cream sauce of a tablespoonful of melted butter and a tablespoonful of flour well blended, add a cupful of milk and stir on the fire until thickened, then mix in a small cupful of minced chicken or veal, and half a cupful of minced ham. Stir well into the sauce, fill the nouille cases, sprinkle with cracker crumbs and dots of butter, place in the oven until a delicate brown and serve immediately.

Meringue Cases with Apple Puree.

Make meringue as desired, allowing a heaping tablespoonful of powdered sugar to the white of one egg. Beat the whites of the eggs very stiff, add the sugar lightly and quickly. Cut strips of writing paper about an inch and a half wide, make small rings of them, fastening the ends together with the unbeaten white of egg. Use a small tube and pipe the meringue around the outside of the paper ring. Put in a moderate oven until a light brown and when done the paper can be easily removed. Stand on a piece of thin cake the size of the meringue and just before ready to serve fill with a thick apple sauce, heap whipped cream on top and place a candied cherry on the cream.

These little cases are serviceable for innumerable fillings. Ice cream may be used, sprinkled with finely chopped nuts or fresh strawberries or raspberries, heaping whipped cream on top, or any fruit. The larger fruits must be cut in dice, and preserved fruits may be used as effectively as the fresh. A pretty way to serve peaches, whether ripe or preserved, is to use a whole one. Remove the pit, put in the meringue

and fill up the cavity made with whipped cream. Finely chopped nuts may be mixed with whipped cream and used for a filling, adding to its attractiveness by putting a maraschino cherry on top, and just at the time of serving pouring a spoonful of maraschino over it. This must not be done until the very last moment, however, for it will soften the cream.

Sponge Cake Cases with Strawberries.

Bake sponge cake mixture in small tins; when cold cut a piece from the centre and fill with strawberries. Pipe whipped cream around the edges and on the top. Any other fruit may be used just as well.

Potato Cases Filled with Peas.

Boil about a pound of dry, mealy potatoes, but if inclined to be watery it is preferable to bake them. Beat them until smooth and light, add salt, pepper and if desired a little nutmeg, the beaten yolks of two eggs and a tablespoonful of butter. Beat until thoroughly mixed, cool and roll out with just sufficient flour until about an inch and a half thick. Cut out round and with a smaller cutter cut a piece from the top of the center. Dip them in beaten egg, sprinkle with bread or cracker crumbs and fry to a golden brown in a frying basket.

EN CASSEROLE

Few developments in cookery methods have been more marked than the increased popularity in recent years of the use of earthenware cooking and serving utensils. Slowly but surely the housewife is beginning to realize the manifest advantages of appliances that have done much to ensure the supremacy of the French middle class cuisine. Economical in first cost, effective in results, cleanly in use, the earthenware dishes demand a greater measure of popularity than they have yet secured. Casseroles or earthenware vessels are very easily cleaned, and the same dishes can be used successively for the most varied of culinary preparations.

Earthenware vessels are not liable to burn food in cooking. They do not tarnish, rust or stain, and do not, therefore, affect the contents cooked in them. If proper care is bestowed upon them they last as long as metal pans. Before using they should be placed in a pan or large fish kettle and completely covered with cold water. Bring slowly to a boil, and then remove the pan from the fire, letting the ware cool in the water before taking out. Avoid changing the temperature from hot to cold or cold to hot too abruptly lest the ware crackle. They are sanitary, and food prepared in them is pure and sweet. This style of cooking is known as *en casserole*, which in reality is the French name for *stewpan*, and means that the dish is served in the vessel in which it has been cooked. Fish, meat, poultry and game can be cooked in this way; soups, especially those of the *pot-au-feu* kind, are cooked and served in *marmites*, which are another type of fireproof cooking pots. Fruit which needs to be carefully stewed is excellent if cooked in this ware.

For braising and stewing this kind of cookery has really no equal, and there are many other dishes cooked *en casserole* which have proved to be so superior in taste and flavor that it is better to abandon them altogether than to attempt to serve them without the aid of this utensil. Anyone who has adopted the use of these dishes will readily

admit that the merits claimed for them are in no way exaggerated, for by their use the cook finds in them a most valuable assistant to ensure genuine, wholesome cookery.

Mushroom Puree in Cases.

Wash and peel a small basket (half a pound) of fresh cup mushrooms, and chop them very finely. Fry in an ounce of butter for a few minutes, then add two tablespoonfuls of rich brown sauce. Stew the puree for ten minutes, season with salt and pepper and stir in two yolks of eggs; lastly add the stiffly whisked white of one egg. Blend the whole well and fill into buttered ramekin cases. Bake them in a moderately heated oven for fifteen minutes. Dish up and serve hot.

Salmi of Game.

1 wild duck.	$\frac{1}{2}$ gill of claret.
2 slices of streaky bacon.	$\frac{1}{2}$ dozen mushrooms.
1 gill of brown sauce.	1 dozen olives.

Croutons of bread and a little meat glaze.

Par-roast the bird for fifteen minutes, then cut into joints. Fry the bacon in a casserole, and then the pieces of game; add the brown sauce and claret, the mushrooms and stoned olives. Simmer slowly for about forty minutes. Season to taste with salt and pepper; skim carefully. Prepare some half-moon shaped fried croutons of bread, brush over with meat glaze and place on top of the stew; then serve in casserole.

Macaroni Pie.

Cut half to three-quarters of a pound of cold beef or mutton into thin slices, peel and slice thinly half an onion, slice likewise three or four firm, ripe tomatoes, and boil till tender quarter of a pound of macaroni in slightly salted water. Cool and drain the macaroni and cut it up rather small. Line a buttered earthenware dish with macaroni and arrange the meat, onion and tomato slices in layers in the earthenware dish. Season with salt, pepper and nutmeg, pour over a little sauce or stock and cover the top with macaroni. Sprinkle over some bread crumbs and grated cheese, and bake for about thirty minutes in a hot oven.

Ox Tongue en Casserole.

M. L. McMicking.

1 fresh ox tongue.	A bunch of parsley.
2 carrots.	3 cloves.
2 onions.	6 allspice.
1 turnip.	Salt and pepper.
One blade mace, thyme, marjoram.	

Wash and trim the tongue carefully and boil until the skin can be removed easily. Roll it round in the same way as you would ribs of beef, and keep it in shape with a piece of tape. Wash and prepare the vegetables, cut each in half. Lay half of them in the casserole with the spice. Next put in the tongue, then the rest of the vegetables, and pour in enough stock or water to half cover the tongue. Put the lid on the casserole, and let the contents simmer gently for four hours. Serve with a rich brown sauce, to which add one wine glass of claret.

York Hot-Pot.

2 lbs. best neck of mutton.	$\frac{1}{2}$ lb. mushrooms.
2 lbs. potatoes.	1 pint stock.
$\frac{1}{2}$ lb. of onions.	1 ounce butter or dripping.
4 sheeps' kidneys.	Salt and pepper.

Cut the meat into neat cutlets. Peel the potatoes, and cut six or eight of them in halves, slicing the rest thickly. Peel and slice the onions thinly. Skin and halve the kidneys and carefully look over and peel the mushrooms. Put all these in layers in a casserole. The last one should be of potatoes cut in halves. Pour in the stock, put the butter or dripping in small pieces on the top; put the lid on, and cook gently in a slow oven from two and a half to three hours. For the last half hour remove the lid, so that the potatoes may brown nicely. Serve in the casserole.

Eggs with Spinach.

Have six or eight very small cocotte pots, butter them and put a tablespoonful of prepared and seasoned spinach in each; upon this put about a dessertspoonful of cream. Break a fresh egg in each, season with pepper and salt, and bake carefully in a moderate oven for eight minutes. Dish up and serve quickly.

Curried Vegetables.

Cut six small potatoes into thick slices, to these add two small turnips, four small carrots, all previously cooked and cut into dice-shaped pieces. Mince finely a small onion. Heat up an ounce of butter in an earthenware dish, add the onion and fry a nice brown. Then add half an ounce of flour, a quarter of an ounce of curry powder, fry and mix together until it boils; then let it simmer. Now add the above-mentioned vegetables, also some cooked string beans cut small; season with salt and pepper, cover the dish and stew gently for about twenty minutes. Remove the fat from the surface of the vegetables and send to table with a dish of plain boiled rice.

Eel en Matelotte.

Cleanse, cut up, blanch, and dry the eel. Make a smooth brown roux with three ounces of butter and a full tablespoonful of flour, moistening this by degrees with half a pint of stock or water; bring this to the boil, then lay in eighteen or twenty pickling or tiny white onions, and simmer them gently till about half cooked; now add about one-third of a pint of claret, the pieces of eel, a good bouquet (a leaf or two of bay, some parsley, a spray of thyme, a strip of thinly-peeled lemon rind, a small blade of mace, and two or three green onions tied up together), with a shallot or two, or a small clove of garlic, pepper and salt to taste, and two or three mushrooms if at hand. Bring this sharply to the boil, then draw the pan to the side of the fire, and keep it simmering, tightly covered, for an hour. This can be served in the casserole in which it was cooked, removing the bouquet and the garlic.

Casserole of Fish.

Scale or skin, cleanse, dry and cut up neatly any kind of fish, rubbing each piece well with salt, and then let it stand for a little while. Peel and slice four good onions, and put them in a casserole with two tablespoonfuls of finely-minced parsley, and toss them over a quick fire till nicely colored in an ounce or two of fat, or four tablespoonfuls of salad oil. Now lay in the fish, covering this by means of a spoon with some of the onion, parsley, oil, etc.,

add a good bouquet, not quite half a pint of water or fish stock, with a slice or two of lemon, and allow it all to stew gently, either on the hot plate or in the oven, covered with a buttered paper. Pin a clean napkin round the casserole and serve. As a variation mushrooms may be added with the stock, or shrimps, fileted anchovies, pieces of lobster, etc.

Rabbit en Casserole.

1 rabbit.	1 blade mace.
1 onion.	1 strip of lemon rind.
4 ounces raw bacon.	1 bunch herbs.
$\frac{3}{4}$ pint boiling stock or water.	

Wash the rabbit in tepid salted water to free it from blood. Cut it neatly into small joints. Dry the joints and dip them in flour. Cut the bacon into large dice, put them in a frying pan and fry a pale brown. Slice and add the onion, also the pieces of rabbit. Fry these slightly. Then put all into a casserole, with the herbs, stock and seasoning. cover tightly, bring to the boil, then let it simmer gently for about one hour. When it seems quite tender take out the herbs, mace and lemon rind. Skim off all grease carefully. Thicken the gravy with a little flour, about two teaspoonfuls, season carefully, and serve in the casserole.

Veal en Casserole.

Begin by having a layer of meat in the dish, dredge flour over, and season well with mace, sage, salt and pepper, cut up small pieces of ham or bacon and lay on top; continue in this way until the dish is full. Bake two hours.

Beef Stew en Casserole.

Put into a frying pan two heaping tablespoonfuls of butter; add a large onion cut in slices, and as soon as golden brown three tablespoonfuls of flour; stir until blended; then pour in three cupfuls of stock, well flavored with vegetables, spices, herbs and a slice of bacon or ham; as soon as the sauce has cooked and become thick add a tablespoonful of mushroom catsup and two of Worcestershire sauce, with salt and pepper to taste, and strain into the casserole. Meanwhile have ready a pound and a half of rump or round steak, cut into pieces about two and a half inches square and an

inch thick; then brown in butter; put the steak in the prepared sauce, cover with buttered paper and the casserole lid and cook in a moderate oven about two and a half hours, or until the meat is tender. About five minutes before serving add to the casserole some mushrooms that have been sautéed in butter, add a little thickening of cornstarch, dissolved in cold water and cook covered a little longer; uncover, sprinkle with a little minced parsley and serve piping hot. This method of cooking a stew is far superior to the usual way.

DESSERT

—"to take the pudding up and bring it in, suppose it should not be done enough! Suppose it should break in turning out."

—(Dickens) Christmas Carol.

"Custards for supper, and an endless host of other such ladylike luxuries."

—Shelley.

Mother's English Plum Pudding.

Mrs. D. A. McTavish.

Take three-quarters pound baker's bread, without the crust, and pour one quart boiling milk on it. Let it stand till well soaked. Mix it quite smooth, add one pound brown sugar, ten eggs, well beaten, one pound seeded raisins, two pounds currants washed and dried, one-half pound citron cut fine, three-quarters pound suet chopped fine, three-quarters pint brandy. If too thin add a little flour. Rub the fruit well in the flour before you put it in. It is better to make it the night before and add the brandy in the morning. Salt and spice to taste. Boil it five or six hours.

Pineapple Jelly.

Miss Francis Mayers.

One pint of cream, chop up about eight pieces of pineapple, half a box of gelatine, put in with juice of the pineapple to get hot, and put in the chopped pineapple and gelatine in the cream and let it stand about half an hour. Pour and put in a mould.



PLUM PUDDING WITH HARD SAUCE IN LEMON SHELLS

Plum Pudding. (English.)

M. L. McMicking.

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|-------------------------------------|-------------------------|
| 1½ lbs. crumbs. | 1 pint brandy. |
| 1 lb. citron peel. | 1 lb. raisins. |
| ¼ teaspoonful mace. | 1 lb. currants. |
| 1 lb. suet. | 1 teaspoonful soda. |
| ¼ lb. flour. | ½ nutmeg. |
| 1 tablespoonful cinnamon. | ¼ teaspoonful allspice. |
| 10 eggs beaten separately. | ¼ teaspoonful cloves. |
| 1¼ lbs. sugar (granulated). | |
| ½ lb. blanched and chopped almonds. | |
| 3 cupfuls grated potato (raw). | |

Beat eggs and sugar to a cream, pound almonds, add to the other fruits and spices, then mix thoroughly with the flour, add fruits to the beaten eggs and sugar, dissolve soda in a wineglassful of brandy, add the beaten whites, steam five hours. (Can be made into small puddings.) Decorate with blanched almonds stuck at intervals over the outside, and a sprig of holly on top. Pour half a cupful of brandy over and set on fire. Serve with hard sauce. Better if made a month before, then steam two hours when wanted.

The best Plum Pudding I have ever tasted.

Mrs. (Dr.) I. W. Powell.

(The recipe was given by Mrs. Mason, mother of Mrs. Thomas Earle.)

Let all the ingredients be of equal proportion, whether by the pound, bowl or cupful.

The two-pound bowl of everything makes about a fifteen-pound pudding. I have found it best to divide the mixture into three moulds, steaming them eight hours each, and warming up by the same method when required, for one hour and thirty minutes.

A bowl of currants.
 A bowl of flour.
 A bowl of brown sugar.
 A bowl of finely-chopped suet.
 A bowl or cup of raisins (stoned).
 A bowl of bread crumbs.
 Half a tumbler of brandy.
 A whole tumbler of sherry.
 2 teaspoonfuls nutmeg.
 1 teaspoonful allspice.
 1 dozen eggs.
 A bowl of candied peel.

Directions for steaming above.

Plum Pudding.

Mrs. Henry Hannington.

1½ lbs. raisins.	6 oz. mixed candied peel.
1 lb. sultana raisins.	Rind of 2 lemons.
1¾ lbs. currants.	1 oz. nutmeg.
2 lbs. brown sugar.	1 oz. cinnamon.
2 lbs. bread crumbs.	1 lb. figs.
16 eggs.	4 oz. brandy.
2 lbs. finely-chopped suet.	A little bitter almond.

Stone and cut the raisins, and mix all the ingredients together. Will keep in stone jar for a long time. When wanted add four eggs to one-quarter of the recipe and boil about 3 hours.

This is a very old recipe and I consider quite perfect.

Carrot Pudding.

Mrs. John Brown, "Cherrybank."

6 carrots.	2 teaspoonfuls marmalade.
$\frac{1}{4}$ lb. sugar.	5 eggs.

Boil carrots in little salted water, then lay them in cold water for a few minutes, grate one dessertplateful of the outsides, beat in eggs and sugar, add marmalade, mix together, put into buttered shape, and steam for two hours. Serve with brandy sauce.

Plum Pudding.

Mrs. H. A. S. Morley.

$\frac{1}{2}$ lb. flour.	$\frac{1}{2}$ lb. brown sugar.
$\frac{3}{4}$ lb. bread crumbs.	3 eggs.
$\frac{1}{2}$ lb. raisins.	2 tablespoonfuls brandy.
$\frac{1}{2}$ lb. currants.	Rind and juice of two lemons.
$\frac{1}{2}$ lb. suet.	$\frac{1}{2}$ lb. sultana raisins.

Candied peel, nutmeg and spice according to taste, a little treacle or syrup.

“DIXI”
Ceylon Tea

35c. per lb.

Surpasses every high grade Tea on the Market. The blend used at all receptions.

DIXI H. ROSS & CO.
ARE NOT IN THE TRUST

Rich Plum Pudding.

Mrs. (Dr.) Watt, William Head.

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| $\frac{1}{4}$ lb. sliced citron. | 8 eggs. |
| $\frac{1}{2}$ cupful cream. | $1\frac{3}{4}$ lbs. seeded raisins. |
| 2 wineglassfuls of brandy. | $\frac{1}{4}$ lb. currants. |
| 1 oz. candied orange peel. | 1 lb. shredded beef suet. |
| 1 oz. candied lemon peel. | 1 lb. granulated sugar. |
| $\frac{1}{4}$ lb. blanched almonds cut in strips. | |
| $\frac{1}{4}$ lb. walnut meats chopped fine. | |
| $\frac{3}{4}$ lb. fine "stale" bread crumbs. | |
| 1 orange, grated rind and strained juice. | |
| 1 lemon, grated rind and strained juice. | |
| 1 teaspoonful salt. | 1 grated nutmeg. |
| 1 teaspoonful cloves. | 1 wineglassful rum. |
| 1 tablespoonful cinnamon. | 1 wineglassful madeira. |

Chop half the raisins, add half the brandy, cover and let stand for several hours. Mix together in order the prepared suet, currants, whole raisins, chopped peels and citron and grated rind. Add sugar, nuts, fruit juice, bread crumbs, chopped raisins, spices, salt and liquors. Cover closely and let stand for two days. Add cream and beaten eggs, mix well together, pack in small, well-buttered moulds or cups, cover tightly and steam for eight hours. Keep in a cold, dry place. When used, steam for four hours longer. This pudding will keep for at least a year in a good condition.

Wine Jelly.

Mrs. F. B. Pemberton.

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| 5 eggs. | Grated rind of three lemons. |
| 1 box Cox's gelatine. | A few whole cloves. |
| 28 lumps white sugar. | Juice of 8 lemons. |
| 1 short stick cinnamon. | 1 large tumblerful sherry. |
| 1 portglassful good brandy. | |

Put into an earthenware bowl or preserving kettle the sherry, brandy, sugar, lemon juice and rind and flavorings. Wash the eggs and put in the whites and shells. Add the gelatine, previously soaked. Boil all together twenty minutes. Strain through a jelly bag and put in a mould which has been dipped in cold water. Claret may be used instead of sherry.

Carrot Pudding.

Mrs. Charles Rhodes.

One cupful of sugar and one-half cupful butter creamed together, one cupful grated carrots, one cupful grated potatoes, into which put one teaspoonful of soda dissolved in hot water. One cupful of raisins, one cupful of currants floured from one cupful of flour, one teaspoonful each of cloves, allspice and cinnamon, two tablespoonfuls molasses, four tablespoonfuls of brandy.

Steam three hours. Serve with hard sauce.

Plum Pudding.

Mrs. Rome.

2 apples (peeled).	$\frac{3}{4}$ lb. currants.
$\frac{3}{4}$ lb. chopped suet.	$\frac{1}{4}$ lb. citron.
$\frac{3}{4}$ lb. raisins.	$\frac{1}{4}$ lb. bread crumbs.
$\frac{3}{4}$ lb. brown sugar.	

Cut into small dice grated peel of a lemon, mix the whole in a basin with three pounded cloves, pinch salt, six eggs, one-half gill brandy, a dusting of flour. Boil five hours.

English Plum Pudding.

Mrs. Raymur (Kingston St.).

5 eggs.	Grated rind of one lemon,
$\frac{1}{2}$ pint brandy.	$\frac{1}{4}$ lb. flour.
1 lb. raisins.	1 lb. suet, chopped fine.
1 lb. currants.	$\frac{1}{2}$ nutmeg (grated).
$\frac{3}{4}$ lb. stale bread crumbs.	$\frac{1}{4}$ lb. brown sugar.
$\frac{1}{2}$ lb. minced candied orange peel.	

Xmas Pudding.

Mrs. George Powell.

1 lb. raisins.	1 gill brandy.
1 lb. currants	8 eggs.
1 lb. suet.	$\frac{1}{4}$ lb. flour.
$\frac{1}{2}$ lb. mixed peel.	$\frac{3}{4}$ lb. bread crumbs.
$\frac{1}{4}$ lb. chopped almonds.	$\frac{1}{4}$ lb. brown sugar.
$\frac{1}{2}$ nutmeg (grated).	

An Excellent English Plum Pudding.

Mrs. Macfarlane.

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| $\frac{3}{4}$ lb. flour. | 1 lb. currants. |
| 2 oz. bread crumbs. | 2 oz. almonds. |
| $1\frac{1}{2}$ lbs. suet. | 1 lb. mixed candied peel. |
| 2 lbs. stoned raisins. | Salt and spice to taste. |
| 2 large teaspoonfuls baking powder. | |

Mix ingredients well together, and add six eggs, well beaten, and three-quarters of a pint of milk. Divide in two, and boil eight hours.

An Excellent Plum Pudding

(Made without eggs. English.)

Mrs. Dumbleton, old Dutch book.

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| $\frac{1}{2}$ lb. flour. | $\frac{1}{4}$ lb. mashed carrots. |
| 6 ounces raisins. | $\frac{1}{4}$ lb. grated potatoes. |
| 6 ounces currants. | 1 tablespoonful golden syrup |
| 6 ounces chopped suet. | 1 ounce candied lemon peel. |
| $\frac{1}{2}$ lb. brown sugar. | 1 ounce citron. |
| 1 teaspoonful mixed spices, ginger, cinnamon and nutmeg. | |

Mix flour, currants, suet and sugar well. Have ready the above proportions of carrots and potatoes, and stir them into the other ingredients, add syrup and the peel, but no other liquid, or it will be spoiled. Boil in a mould, but do not fill it quite, as it must have room to swell. Boil six hours. This pudding is best mixed over night. Serve with brandy sauce.

Treacle Sponge.

Mrs. John S. Lort.

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| $\frac{1}{4}$ lb. flour. | $\frac{1}{2}$ teacupful treacle. |
| Pinch salt. | $\frac{1}{2}$ teacupful milk. |
| $\frac{1}{2}$ teaspoonful pounded ginger. | |
| $\frac{1}{4}$ teaspoonful carbonate of soda. | |
| 1 teaspoonful brown sugar. | |
| 2 ounces suet. | |

Mix the dry ingredients together, add the liquid, put into a pint mould that has been buttered and sprinkled with brown sugar. Serve with sauce. Boil three to four hours.

Pudding (Manchester).

Mrs. Dumbleton's Dutch Recipe Book.

Boil a pint of milk, pour it boiling over six ounces of bread crumbs, when nearly cold add two ounces of white sugar. Beat up two ounces of butter and two eggs, butter a pudding dish, and at the bottom lay a covering of jam, pour mixture over it, and bake in a quick oven twenty minutes. Enough for six. As nice hot as cold.

Caramel Pudding.

Miss May Brown, Teacher of Domestic Science, Victoria Public School.

1 cupful brown sugar.	$\frac{1}{8}$ teaspoonful salt.
$\frac{1}{4}$ cupful boiling water.	$\frac{1}{2}$ cupful cold milk.
$1\frac{1}{2}$ cupfuls scalded milk.	1 egg.
4 tablespoonfuls cornstarch.	$\frac{1}{2}$ teaspoonful vanilla.

Mix cornstarch, salt and cold milk and add to hot milk. Cook in a double boiler, stirring until it thickens. In a frying-pan melt the brown sugar, stirring constantly until it is a perfect liquid, then add slowly the boiling water still stirring, add this mixture to the cornstarch mixture and cook 45 minutes, stirring every ten minutes. Five minutes before removing from the stove add well-beaten egg, flavor, turn into a glass dish and when cold serve with sugar and cream or a sauce.

Bavarian Souffle.

Miss May Brown, Teacher of Domestic Science, Victoria Public School.

$\frac{1}{4}$ oz. gelatine.	1 cupful sugar.
$\frac{1}{4}$ cupful cold water.	4 eggs.
1 cupful orange juice.	6 lady fingers.
3 tablespoonfuls lemon juice.	

Soften gelatine in cold water, mix fruit juices, sugar and yolks of eggs slightly beaten. Cook over hot water as a soft custard, pour over the softened gelatine, strain and set aside to cool; stir occasionally. When partially set beat until foamy, then fold in whites of eggs beaten stiff. Turn into a china mould lined with lady fingers. Chill.

How Charlotte Russe is Made.

M. L. McMicking.

A charlotte differs from a Bavarian cream in that it is made entirely of cream, without a particle of liquid. A charlotte russe is a whipped cream flavored with vanilla and palatably sweetened. Cover a quarter of a box of gelatine with half a cupful of water and allow it to soak for half an hour. Whip one pint and a half of cream to a stiff froth; put it in a bowl and stand it in a pan of cracked ice or ice water; sprinkle over two-thirds of a cupful of powdered sugar; add a teaspoonful of vanilla. Add to the gelatine four tablespoonfuls of milk and stand it over a teakettle until thoroughly dissolved. Strain it quickly into the cream; begin at once to stir from the bottom and sides of the pan. It is wise to have the gelatine dissolved before putting the bowl of cream on the ice unless you can work rapidly. The cream being icy cold will harden the gelatine in drops, forming tiny lumps throughout. Then, too, it will not thicken the cream. Stir until the cream begins to thicken or holds together. Pour at once in a mould that has been lined with sponge cake or lady fingers. Split the lady fingers in halves, dip the backs in a little of the melted gelatine or white of egg and press against the side of the mould, leaving the bottom of the mould uncovered. When the charlotte is cold and ready to serve loosen the lady fingers with a knife and turn the charlotte out on an oblong or round plate. Have ready half a pint of cream whipped to a stiff froth and very cold. Put this in a pastry bag, using a small star tube. Garnish the top of the charlotte and send at once to the table, or it may be served plain or the top garnished with fruit. A charlotte mould is a perfectly plain oblong mould.

Caramel Pudding.

Miss May Brown, Teacher of Domestic Science, Victoria
Public School.

1 cupful brown sugar.	$\frac{1}{8}$ teaspoonful salt.
$\frac{1}{4}$ cupful boiling water.	$\frac{1}{2}$ cupful cold milk.
$1\frac{1}{2}$ cupfuls scalded milk.	1 egg.
4 tablespoonfuls cornstarch.	$\frac{1}{2}$ teaspoonful vanilla.

Pineapple Bavaria.

Miss Francis Mayers.

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| 1 can pineapple. | $\frac{1}{2}$ cupful of cold water. |
| 1 cupful sugar. | 1 pint cream. |
| $\frac{1}{2}$ cupful boiling water. | $\frac{1}{2}$ box gelatine. |

Stew pineapple and sugar ten minutes, soak gelatine in cold water till soft, then dissolve in boiling water. Strain into pineapple, add whipped cream and put in cool place to harden. Serve with cream.

Fruit Parfait.

Cut fine one pound marshmallows; add one cupful hot pineapple juice and strawberry pulp; stir until melted; make boiled icing, using two egg whites; add marshmallow and teaspoonful vanilla; beat until cold; add whip of one pint of cream; bury in ice and salt; garnish with pineapple and strawberries.

Banana Cream.

Mrs. Henry Hannington.

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| 1 quart new milk. | 1 cupful sugar. |
| 1-3 box gelatine. | 4 eggs. |

Soak gelatine in the milk one hour; put in the double boiler with the sugar and the well-beaten yolks of the eggs; stir constantly till it thickens. Flavor with vanilla, add the well-beaten whites, take from the fire and beat well. Slice four bananas in mould and pour cream over. Serve cold. A little sherry is preferred by some as a flavor.

Spanish Cream.

Miss J. Scott.

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| 4 eggs. | 1 pint milk. |
| $\frac{1}{2}$ box gelatine. | 1 cupful sugar. |
| 1 teaspoonful vanilla. | |

Pour the milk over the gelatine and let stand an hour; strain, put on the stove and let come to a boil, stir in the beaten yolk of the eggs and the sugar; cook one minute. Take from the stove and add the whites whipped stiff, flavor, pour into moulds. Serve with whipped cream.

Spanish Cream.

Mrs. W. H. Bone.

One quart of milk, one-half box of Knox's gelatine dissolved in cold milk about twenty minutes, three eggs, the yolks beaten up with a cup of sugar, then stir into cold milk and cook in double boiler; then when it thickens take off the fire and pour on to the beaten whites of the eggs; flavor with vanilla, add a small pinch of salt. When cold turn out of mould and serve with whipped cream.

Hamburg Cream.

Mrs. G. A. McTavish.

1 cupful of sugar.

Rind of 1 lemon.

Juice of two lemons.

Yolks of 4 eggs, keeping out the whites.

Beat all together and boil in double boiler until rather thick. When cool add the whites beaten stiff. Serve in custard cups.

Lemon Cream.

Mrs. Charles Rhodes.

Three-eighth package of gelatine dissolved in one tea-cupful of boiling water, three-quarters cupful of sugar, three-quarters cupful made up of one orange, one-half lemon and sherry wine. When nearly cold add one cupful of cream whipped stiff. Set in moulds.

Apricot Cream (English).

Mrs. Edward Gordon.

One pint cream, sweeten well and boil three minutes with piece of lemon peel cut very thin; take out peel, when nearly cold add juice of one large lemon, stir till it thickens. Have ready a flat, rather deep glass dish with macaroons soaked in sherry at the bottom and a layer of apricot jam over them, and when the cream thickens pour it evenly over the jam and decorate the top with slices of crystallized apricots and cherries.

Cream Pudding.

1 quart milk.	1 cupful sugar.
6 tablespoonfuls flour.	$\frac{1}{2}$ teaspoonful salt.
2 eggs.	Flavoring.

A simple pudding, but a very good one. Reserve a third of the milk, and after putting the salt into the remainder put that on the stove to heat. Pour the cold milk on the flour and beat until you have a smooth mixture. Stir this into the larger portion of milk when that begins to boil. Cook until thick and smooth; then remove from the stove and add the eggs, well beaten. Flavor to suit your taste. Put a small part of the sugar into a deep, covered dish, and after pouring the pudding mixture into the dish spread the rest of the sugar over it. Cover the dish tightly and set where the pudding will cool slowly. Remember that this last direction is one of the most important of all.

Fruit Salad.

Mrs. R. B. McMicking. (By request.)

- $\frac{1}{2}$ dozen oranges.
- 1 small pineapple.
- $\frac{1}{2}$ dozen apricots (if in season).
- 6 pieces candied ginger cut fine.
- $\frac{1}{2}$ cup blanched and chopped almonds.
- $\frac{1}{2}$ dozen bananas.

Begin by cutting up and making alternate layers, the bananas to be cut lengthwise into small pieces, sprinkle fine granulated sugar over each layer, squeeze the juice of one lemon over all, add one teaspoonful essence almonds, one teaspoonful essence vanilla. Let it stand one hour, pour off the juice into a bowl, and turn it carefully over the salad again. Do this five or six times before you begin to ornament it. Then lastly put it into the dish in which it is to be served. Have ready a pint of whipped cream flavored and sweetened (reserving one cupful to color pistachio or light pink). Fill the forcing bag with the cream, begin at the bottom and work upwards, then use the colored cream in any fancy way, decorate with strawberries (if in season); if not, crystalized fruit, or put into individual glasses or paper cases, and ornament with whipped cream.

Charlotte Russe.

$\frac{1}{2}$ box gelatine.	2 cupfuls sugar.
$\frac{1}{2}$ cupful cold water	1 lemon.
1 pint milk.	2 large oranges.
1 pint cream.	Lady fingers.
8 eggs.	

The gelatine must be soaked in half a cupful of cold water for two hours before you begin to do anything else. At the end of that time put a pint of milk on to heat in the double boiler. While it is heating beat together the yolks of the eggs and two scant cupfuls of sugar. Gradually pour the hot milk on the beaten sugar and eggs, stirring all the time. Put the mixture in the double boiler and stir continually for five minutes. At the end of that time add the soaked gelatine and stir for two minutes more. Then take from the fire and place the saucepan in a pan of cold water. Stir frequently until the custard cools and begins to thicken; then add the strained juice of the lemon and the oranges, which should be large ones. Stir for a few minutes and then stir in gently the pint of cream, whipped to a stiff froth. Have the sides of two one-quart charlotte moulds lined with lady fingers and fill the rest of the space with the cream. Put away in the refrigerator to harden. In less than an hour the charlotte will be ready to turn out. The cream should be very cold and whipped to a stiff froth with a whisk while the custard is cooling, so that it shall be ready to mix with the custard the moment that that begins to thicken. With the quantities mentioned in the table of ingredients two moulds can easily be filled. Enough to serve a dozen people.

Banana Cream.

Mrs. Henry Hannington.

1 quart new milk.	1 cupful sugar.
1-3 box gelatine.	4 eggs beaten separately.

Soak the gelatine in the milk one hour, put it in the double boiler with the sugar and the well-beaten yolks of the eggs. Flavor with a little vanilla. Beat the whites of the eggs to a stiff froth, and stir with the cream, mixing well. Slice four bananas, place them in the mould and pour the cream over them. Serve cold.

Nut Cream.

$\frac{1}{4}$ box gelatine.	4 tablespoonfuls almonds.
$\frac{1}{2}$ cupful cold water.	$\frac{3}{4}$ cupful powdered sugar.
$1\frac{1}{2}$ pints cream.	1 teaspoonful vanilla.
3 or 4 tablespoonfuls boiling water.	

This dish is good to see as well as to eat. First of all cover the gelatine with the cold water and let it soak for two hours. Do this before beginning to do anything else. Whip the cream to a stiff froth and skim it into a bowl. Stand this in a large pan of cracked ice and water. Sprinkle into the cream the powdered sugar, the vanilla, and almost all the almonds which should first be blanched and chopped. Pour the boiling water over the gelatine; then place the cup in a bowl of boiling water and stir until the gelatine has become thoroughly dissolved. Strain it over the cream, and begin at once to stir, continuing until the ingredients have become well mixed and the mixture is slightly thickened. Turn into a mould and place on the ice to harden. When ready to serve turn out in a glass dish and sprinkle over it the remaining chopped almonds.

Apple Charlotte.

Mrs. H. B. W. Aikman.

Four cooking apples. When stewed with a cupful of sugar and becomes cold, add one-third of a packet of gelatine soaked in one-third of a cupful of cold water, then add one-third of a cupful of boiling water. When gelatine begins to stiffen add the whites of three eggs, well beaten and the juice of one lemon. Line a mould with lady fingers, pour in the mixture. Eat cold with custard or cream.

Half Pay Pudding.

Mrs. Leonard Solly.

4 ounces suet.	4 ounces raisins.
$\frac{1}{2}$ pint milk.	4 ounces flour.
4 ounces currants.	4 ounces bread crumbs.
2 tablespoonfuls treacle.	

Mix all together. Boil in a mould. Serve with wine sauce. Boil (without stopping) for three hours.

Angel Parfait.

3 cupfuls cream.	Whites of 2 eggs.
1 cupful granulated sugar.	Vanilla for flavoring.
$\frac{1}{2}$ cupful water.	Salt and ice.

It is necessary to start the work a long time before the dish will be needed, as four hours' freezing will be required to get it firm. Begin by boiling the sugar and water together, without stirring, until a little of the liquid dropped in cold water will harden slightly, and, when rolled between the thumb and finger, will form a soft ball. When that stage has been reached take the syrup from the fire and pour it gradually over the whites of the eggs, beaten stiff. While you are pouring the syrup beat all the time. Set the mixture away to cool.

Beat the cream to a stiff froth and stir it lightly into the egg-and-sugar mixture. Add the flavoring, of which there should be a little more than a teaspoonful. Be careful not to put in any liquid cream.

Have your mould packed in salt and ice, just about to the top. Remove the cover, being very careful not to let any ice or salt get into the mould. Pack the cream mixture into the mould, and after covering it with white paper put on the tin cover, using a little melted fat over the joining of the cover and the mould itself, and fasten over this same joint a band of cloth. It is important to take all this care to prevent the slightest suggestion of salt water from getting into the mould. Now cover well with more salt and ice and set in a cold place, covering the tub with a piece of carpet or blanket. At serving-time turn out on a cold dish.

Lemon Cheesecake that Will Keep.

Mrs. Rome.

1 lb. of lump sugar.	6 eggs.
6 ounces of butter.	6 lemons.

Grate four lemons, add the juice of six, the yolks of six eggs and whites of two. Mix thoroughly and put all in a jug. Place jug in a saucepan of boiling water, stir one way until mixture is a nice thick paste. When cold cover closely. Will keep good for fortnight.

Can be used for filling jelly cakes, or a substitute for jam in tarts.

Fruit Salad.

Mrs. Erb.

- 1 cupful grated pineapple.
- 4 bananas thinly sliced.
- 4 oranges cut in small pieces.
- 1-3 box gelatine.
- 1 pint each of water and sugar.

Soak the gelatine in cold water for half a day, then heat slightly in a double boiler until thoroughly dissolved. Strain and add sugar. When cool, add fruit. Harden on ice in warm weather, or let it stand over night in cold weather. After adding fruit stir occasionally until gelatine begins to set, to prevent fruit from settling. Then sprinkle candied cherries over top. Serve with whipped cream.

Cornmeal Pudding.

Miss Eberts.

One quart sweet milk, boiled, stir in four tablespoonfuls cornmeal, stand till cool, sweeten to taste. Put in four beaten eggs and two tablespoonfuls butter. Bake.

Paradise Pudding.

Mrs. Mainguy, Duncans.

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| ½ lb. currants. | ½ lb. apple chopped fine. |
| 3 eggs. | A little nutmeg or cinnamon. |
| ½ lb. bread crumbs. | |

Beat the eggs well and mix with the other ingredients and steam in buttered basin two and one-half hours. Serve with hard sauce.

Good Wife Pudding.

Mrs. Leonard Solly.

Two eggs, one pint milk and a little lemon beaten well together.

Cut some rounds of crumbs of bread the size of the top of a wine-glass, butter them; put the batter in a dish and the pieces of bread on the top. Bake for one hour.

Apple Scallop.

Mrs. R. B. McMicking.

Pare and core four good-sized apples, butter a pudding dish, sprinkle a layer of bread crumbs in the bottom, then a layer of apples cut into thin slices, then a layer of walnuts chopped, a little cinnamon, sugar, and then crumbs again. Continue until dish is full, reserving crumbs for the top. Add milk, one cup, cook three-quarters of an hour. Do not let it stand to cool. Serve with a foam sauce.

Soft Gingerbread.

Mrs. (Capt.) John Irving.

2 cupfuls butter.	1 cupful milk.
2 cupfuls sugar.	5 cupfuls flour.
2 cupfuls molasses.	4 eggs.
1 teaspoonful baking powder.	
2 tablespoonfuls ground pepper.	
2 tablespoonfuls each allspice and cinnamon.	

Steamed Suet Pudding.

Miss Stuart.

Take one cupful each suet chopped fine, raisins, molasses and milk. One teaspoonful each of soda and salt, flour sufficient to make a stiff batter. Steam three hours and serve with foam sauce.

Rice and Apricot Pudding.

Mrs. John S. Lort.

3 ounces rice.	2 small eggs.
1 pint milk.	1½ ounces sugar.
Salt.	½ lb. apricots, stewed or canned.
3 dessertspoonfuls apricot jam.	

Wash the rice and put it into a saucepan with the milk and salt. Cook slowly until it is quite thick, let it cool, then add jam, sugar and yolks of eggs, mix well. Put it into a buttered pie dish and put apricot over. Beat up the whites to a stiff froth, add 3 ounces castor sugar, pile roughly on top of the apricots, dredge well with sugar and bake in a cool oven until crisp.

Boiled Bread Pudding.

Miss Goodall.

Crumb a small loaf of bread very fine without any crust, pour over it one-quart boiling milk, cover and let it steam three-quarters of an hour. Have ready four eggs, two tablespoonfuls sugar and one and one-half tablespoonfuls of flour, well beaten together. Stir into the steamed bread and milk, and boil one and one-half hours, in a mould large enough for it to swell. Eat hot with the following:

Stir together one cupful sugar, and butter the size of a hen's egg, then add one or two tablespoonfuls sweet cream. Into this stir a cupful ripe strawberries. Other fresh fruits will do.

Spanish Cream.

Mrs. James Gaudin.

1 quart of milk.

1 quart package gelatine or isinglass.

6 tablespoonfuls powdered sugar.

4 eggs.

Flavor with essence of lemon and vanilla.

Moisten gelatine in one-half cupful water. Take half the milk and make warm, then add the gelatine and stir till dissolved, beat the four yolks with half of the sugar, and add the other half of the milk, then pour it into the warm milk and gelatine, and cook as for custard. Remove from the fire, add the lemon (a few drops) in the whites (which have been beaten to a froth with the other half of the sugar, and flavored with a few drops of vanilla). Stir well together and pour into moulds.

Oatmeal Pudding.

Mrs. W. J. Sutton.

Take a pint of the best fine oatmeal, pour over it one quart of boiling milk and let it soak all night. The next day put it in a basin just large enough to hold it, add two eggs well beaten and a little salt. Cover it tightly with a floured cloth and boil it one and one-half hours. It may be eaten hot with cold butter and salt, or with cream and sugar; or cold, sliced and toasted.

Orange Cream.

Mrs. R. B. McMicking.

Cut oranges through (a little more than half). Take out the pulp, taking care not to break the skin of the orange. Ornament the outside of each with icing, put through the piping cone in any design fancy may dictate. Put one tablespoonful of orange marmalade in the bottom of each, mix up some of the pulp freed from fibre, fill the oranges, then with whipped cream flavored and sweetened, put through forcing bag. Over the top thread white silk baby ribbon through for handles. Put on a glass dish and surround with holly and berries, or in summer with delicate ferns and La France roses.

Ginger Cream.

Mrs. R. B. McMicking.

1 cupful milk.	$\frac{1}{2}$ cupful sugar.
2 eggs (yolks).	$\frac{1}{4}$ cupful ginger.
$\frac{1}{4}$ ounce gelatine.	2 cupfuls whipped cream.
2 tablespoonfuls ginger syrup.	
2 tablespoonfuls brandy.	

Make a boiled custard, add gelatine, and when cool, fold in cream. Freeze one hour, turn out. Serve with whipped cream or boiled custard. The candied ginger much preferred.

Peach Russe.

Madam Charles Muriset.

Cover one-half a package of gelatine with one-half cupful water, soak ten minutes, then dissolve over the fire. Reserve a teaspoonful and set where it will keep warm; strain remainder over one pint of peach pulp. Add one cupful powdered sugar, grated rind of lemon, a little extract of almond and beat well; then fold in one pint of whipped cream. A little rich strawberry syrup added will give a delicate peachblow tint. Dip a fancy mould into hot water, wipe dry, pour into it the tablespoonful of warm gelatine, turn the mould round and round until the gelatine thinly coats all parts. Pour in the mixture, cover, pack in cracked ice and coarse salt and let stand for several hours. Serve on a dish garnished with delicate fern leaves and a few small pink rosebuds.

Russian Cream.

Miss Fawcett.

Soak one package of gelatine in cold water, enough to cover, for one hour. Put one quart of milk on in a double boiler, and when it boils stir in the gelatine and the yolks of four eggs beaten up with one cupful of sugar. Flavor with vanilla and cook for three or four minutes. Take it off the stove and when it has cooled a little, lightly stir in the whites of the four eggs beaten to a stiff froth. Pour into the mould wet with cold water. It should turn out next day clear jelly on top, merging into thick yellow, frothy cream below. It does not matter if it curdles a little in the process of cooking.

Macedoine of Fruit and Nuts.

Make orange, lemon or wine jelly. Let a few spoonfuls become "set" in the bottom of a mould. Arrange upon this a design with slices of bananas and blanched almonds, halved. Cover with jelly; add figs and dates cut in small pieces, and slices of blanched almonds alternately with jelly until the mould is filled. Serve, surrounded with a wreath of whipped cream, sweetened and flavored.

Maple Parfait or Mousse.

Mrs. R. B. McMicking.

- 1 pint cream.
- 1 cupful maple syrup.
- 4 eggs (yolks).

Scald syrup and pour over the beaten yolks, let it cool and fold in the cream, whipped; put in a mould or yeast powder cans. Cover tightly. Stand on ice three hours. Mousse may be made of any kind of fruit juice.

Meringue a la Royale.

Scoop out a large stale cake to form a hollow shell. Fix rows of small kisses to the case. Fill the case with sliced fresh fruits and sweetened whipped cream. Have a high pudding or jelly and when firm turn it out on the case so that it covers the fruit and cream. Put a ring of cherries around where it joins the case.

Orange Pudding.

Mrs. A. J. Dallain.

Peel and slice six oranges, removing all pips; place them in a well-buttered pie dish, pour over them a teacupful of white sugar. Warm a pint of new milk, add it to the yolks of three eggs well beaten and a tablespoonful of cornstarch mixed with a little cold water; stir till thick and pour over the oranges. Beat the whites of the eggs to a stiff froth with a little frosting sugar, place on top of pudding and bake for half an hour. Serve hot or cold.

Newmarket Pudding.

Mrs. A. J. Dallain.

Bread and butter.	2 eggs.
Preserves or stewed fruit.	Vanilla flavoring.
1 pint milk.	

Cut some thin slices of bread and butter, put a layer at the bottom of a buttered pie dish, then a layer of stewed fruit (or preserves) mixed with stale cake crumbs. Fill the pie dish with layers, let the bread be on the top; sprinkle with sugar. Make a custard with the milk, yolks of eggs and vanilla, pour it over the pudding and allow it to soak for some time; beat the whites of eggs to a stiff froth and mix in a cupful of frosting sugar; pour over the pudding and bake in the oven for half an hour or until a golden brown. Serve hot or cold.

Neapolitan Mousse.

Mrs. Justin Gilbert.

Soak one-quarter box of gelatine in one-quarter cupful of cold water. Cut one-quarter pound candied cherries and one-quarter pound blanched almonds into small pieces. Whip one pint of cream; add gelatine, two-thirds cup of powdered sugar, pinch of salt, one tablespoonful each of sherry and vanilla, fruit and nuts. Stir carefully from the bottom until it begins to stiffen. Place in a covered mould, and pack in ice and salt. Allow to stand from four to six hours. Serve with whipped cream.

This will serve twelve persons.

Banana Cream.

Miss McKeand.

Peel bananas and rub through a sieve. To one cupful pulp add one cupful thick cream, or the cream and white of one egg beaten stiff, and a pinch of salt, and beat mixture until light, then add one-fourth cupful powdered sugar and continue beating until very light and stiff enough to hold its shape. Decorate with chopped nuts and candied fruit cut in small pieces.

This dessert must be served soon after it is prepared.

A Trifle.

Mrs. John Brown, "Cherrybank."

Cut twelve small sponge cakes in pieces, put them in a large glass dish, add a quarter of a pound of ratafias biscuits, and pour a half bottle of cherry wine over them. Then spread a small pot of strawberry or raspberry jam over the cake. In a large basin put a pint of cream, two or three tablespoonfuls of sugar, a small teacupful of wine, beat it to a froth. Take off the froth as it rises, lay on a sieve. Keep beating and taking off froth till all the cream is frothed. When it has drained sufficiently put the froth into the dish, heaping it as high as possible, put a little pinch of sugar over the froth, have some ratafias biscuits and place them on their edge. For a small party half the size.

Ginger Pudding.

Mrs. W. West-Wilson.

Take one quart of flour, two heaping tablespoonfuls of ground ginger, three teaspoonfuls Royal baking powder. Sift together. Then add one large breakfast cupful of sugar and one cupful of sultana raisins, cleaned and dry. Mix thoroughly, then add three well-beaten eggs, one-half teacupful of milk, one-half teacupful of cold water, one-half teacupful molasses, two tablespoonfuls melted butter. Mix thoroughly, put into buttered tin moulds. Steam three hours. Serve with sweet sauce, flavored with lemon and vanilla.

The above recipe baked in the oven makes an excellent gingerbread.

Italian Cream. (English.)

Mrs. Edward Gordon, Otter Point, B. C.

Grated rind and juice of 1 lemon.
1 pint of good cream well sweetened.
2 wineglassfuls brandy.

One-quarter ounce isinglass dissolved in a little water and while hot added to the above ingredients; let it stand an hour then whisk till it is very thick, put into a shape that has been set in water. Next day turn it out.

Marmalade Pudding.

Mrs. W. E. Blythe, Quamichan Lake.

3 dessertspoonfuls marmalade.	$\frac{1}{4}$ pint of milk.
6 ounces bread crumbs.	2 ounces sugar.
2 ounces butter.	1 egg.

Well-butter and mix with crumbs, add the sugar, marmalade, beat the egg in the milk and add the other ingredients. Butter well a mould, cover with buttered paper. Steam for two hours. Turn out and serve with a good custard or cream.

Velvet Cream.

Mrs. Herbert J. Ross.

1 oz. gelatine.	3 oz. lump sugar.
$\frac{1}{2}$ pint white wine,	$\frac{1}{2}$ pint cream whipped.
1 lemon.	

Soak gelatine in a very little water, rub lemon on to the sugar, put in a saucepan, and squeeze over the juice; add the wine and gelatine, stir till melted, strain and cool; then mix with the cream and pour into a mould.

Aunt Nell's Pudding.

Mrs. John S. Lort.

$\frac{1}{2}$ lb. flour.	3 tablespoonfuls of cream.
$\frac{1}{2}$ lb. treacle.	2 eggs.
$\frac{1}{2}$ lb. suet.	A few strips of candied peel.
1 lemon, rind and juice.	Boil three or four hours.

Snowflake Pudding.

Mrs. W. S. Gore.

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| 1 cupful raisins. | 1 cupful milk. |
| 1 pint flour. | 1 tablespoonful butter (large). |
| 1 tablespoonful sugar. | 2 teaspoonfuls baking powder. |
| 2 eggs. | Steam one and one-half hours. |

Strawberry Cream.

Whip one pint of thick cream, stir in one cupful of juice of preserved strawberries, add a cupful of sugar and whip until stiff, then add the beaten whites of two eggs and continue beating until very stiff. Put in heart-shape paper cases and serve very cold with strawberries cut in halves.

Lemon Snow Pudding.

Mrs. Duncan, Duncans, B. C.

Soak one-half box gelatine in three-quarters pint of water an hour; add two cupfuls of sugar and pour over all a quart of boiling water. Stir for a minute and flavor with the juice of two large lemons. Strain and pour the mixture into a bowl and set in a pan of cracked ice. When cold and beginning to thicken, beat stiff, stir in the stiffened whites of five eggs and beat for fifteen minutes. Pour into a mould wet with cold water, and set in ice to form. Make a custard of the yolks of the eggs, and when the pudding is turned out, pour this custard about the base.

Marmalade Pudding.

Mrs. Longfield.

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| A little milk. | 1 teaspoonful carbonate of soda. |
| $\frac{1}{4}$ lb. of flour. | 2 tablespoonfuls suet. |
| $\frac{1}{4}$ lb. of pieces of bread. | 2 tablespoonfuls treacle. |
| 2 tablespoonfuls marmalade. | |

Soak the bread in milk until quite soft, then squeeze quite dry and break up. Mix in the flour, suet, treacle and marmalade, then add the soda dissolved in a little of the milk which was pressed out of the bread. Dip a pudding cloth in hot water, flour it, then put the pudding in it. Steam two hours.

Russian Puff Puddings.

Mrs. Maitland-Dougal.

- 2 eggs.
- 1 cupful sweet milk.
- 1 cupful raisins (seeded).
- 2 tablepoonfuls sugar rubbed to a cream.
- 3 teaspoonfuls of baking powder.
- $\frac{1}{2}$ cupful butter.
- 2 cupfuls flour.

Mix and pour into greased mould or cups and steam three-quarters of an hour. Serve with sauce of whipped cream, colored a delicate brown with grated maple sugar.

Stuffed Bananas.

Mrs. R. E. Brett.

Place a banana on a plate to see in which position it sets the firmest. Cut a strip from the upper side about one and one-half inches from each end. Take out the inside with a teaspoon, cover it well with water and bake for twenty minutes. After taking from the oven mash it well and flavor with lemon juice and sugar. When quite cold add whipped cream and almonds blanched and chopped. Put the mixture back in the skins. Garnish with whipped cream and bits of red currant jelly or cherries. Serve each on a D'oily-covered plate.

Junket.

Mrs. Dumbleton's Dutch book.

- 1 quart milk (new).
- 1 tablespoonful of Vanderhum.
- 1 oz. white sugar.
- 1 tablet of rennet.

Take new milk, sweeten with one ounce of sugar, let it come to blood heat, flavor with teaspoonful Vanderhum (or rum), crush tablet in two tablespoonfuls of water. Stir well, and pour into glass dish, stand in a warm place, so that the mixture remains lukewarm for half an hour, in which time it will become quite firm. Serve with whipped cream flavored.

Lemon Snow Pudding.

Mrs. Gould.

$\frac{1}{2}$ box gelatine. 2 eggs (whites only).
 $\frac{3}{4}$ pint of cold water. 6 tablespoonfuls sugar. .
Rind and juice of 2 lemons.

Soak one-half pint gelatine in three-quarters pint cold water, then dissolve over fire with rind and juice of two lemons and the sugar, strain and let remain till nearly cold and begins to set. Then add whites of two eggs well beaten, whisk ten minutes, then pour into glass dish, leaving it rough in appearance. Serve with a thin custard.

Honeycomb Pudding.

Mrs. Eric B. McKay.

Three cupfuls milk and one-half package Cox's gelatine. Put to soak two hours, then put in double saucepan, with sugar and flavoring to taste, add the beaten yolks of four eggs, stir till like custard. Have four whites beaten stiff, then gradually add the custard, beating all the time, turn into mould. A tablespoonful of sherry is an improvement.

Baroness Pudding.

Miss A. Macrea.

$\frac{3}{4}$ lb. of suet. $\frac{1}{2}$ pint of milk.
 $\frac{3}{4}$ lb. of flour. $\frac{1}{4}$ saltspoonful of salt.
 $\frac{3}{4}$ lb. raisins (weighed after being stoned).

Prepare the suet by carefully freeing it from skin, and chop it finely. Stone the raisins and cut them in halves and mix both these ingredients with the salt and flour. Moisten the whole with the above proportion of milk, stir the mixture well and tie the pudding in a floured cloth, which has been previously wrung out in boiling water. Put the pudding into a saucepan of boiling water and let it boil without ceasing for four and one-half hours. Serve with plain sifted sugar.

See Jameson's Advertisement for Chocolate.

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Lemon Pudding.

Mrs. H. Fry, Chemainus.

1½ pints of water. 4 eggs.
1 tablespoonful butter. 1 cupful sugar.
2 tablespoonfuls of cornstarch.
2 lemons, juice of both, rind of one.

Heat water to boiling point, stir in cornstarch, boil five minutes, stirring constantly, while hot mix in butter and set away to cool, beat the yolks separately. Add the sugar, mix all very thoroughly before putting in the juice and rind. Stir all smooth, put it in a dish and bake. Beat whites stiff, put on top. Brown slightly.

Snow Custard.

Mrs. T. R. Cusack.

One-half box of gelatine, pour over it a pint of boiling water, stir until all is dissolved, add two cupfuls of sugar, juice of two lemons. When nearly cold add the whites of three eggs. Beat all thirty minutes. Pour into a dish to harden.

Diplomatic Pudding.

Mrs. A. E. Webster.

Yolks of 4 eggs. 1 dozen preserved cherries.
Whites of 2 eggs. Little fine sugar.
1 ounce of gelatine. 3 sponge cakes.

Decorate a mould with colored jellies and fruit, and lay in sponge cakes cut in slices. Beat up eggs, add milk and make into custard. Dissolve gelatine in one-half gill of water and strain into custard, and when nearly cold pour over cakes in mould. Set to cool and serve with whipped cream.

Summer Pudding for Children.

Mrs. E. Fisher.

Sew some raspberries with a little sugar; strain. Fill a mould with thinly cut bread (stale), and butter, and pour the juice over it. Put a weight on and let it stand twelve hours. Turn out and serve with whipped cream.

Baroness Pudding (very good).

Mrs. Mainguy, Duncans.

- $\frac{3}{4}$ lb. flour.
- $\frac{3}{4}$ lb. finely chopped suet.
- $\frac{3}{4}$ lb. raisins, weighed without seeds.
- $\frac{1}{2}$ pint milk and a little salt.

Boil or steam in cloth or butter basin four and one-half hours.

Serve with sifted sugar only.

Snow Pudding.

Mrs. Gill.

Two tablespoonfuls cornstarch dissolved in one-quarter pint of cold water, then add one-half pint hot water and juice of one lemon; let stand at boiling point for ten minutes, sweeten to taste. Beat whites of two eggs to a stiff froth and stir into the mixture, beating until quite smooth. Serve with custard sauce made from yolks of eggs.

Snow Pudding.

Mrs. H. Fry, Chemainus.

- 2 cupfuls of water.
- 2 eggs (whites only).
- 2 tablespoonfuls cornstarch.
- $\frac{1}{2}$ cupful of sugar.

Boil water and sugar together, stir in cornstarch; when it thickens whip whites of eggs and add them, stirring thoroughly. Put in moulds. When prepared for table turn out. Put boiled custard round it.

Steamed Cottage Pudding.

Miss Edgson, Shoplands, B. C.

- 2 eggs. $1\frac{1}{2}$ cups sugar.
- 2 cupfuls flour. 1 teaspoonful soda.
- 1 cupful of sweet milk. Piece of butter size of an egg.
- 2 teaspoonfuls cream of tartar.

Steam two or three hours. Put in basin or tin. Serve with preserves or sweet sauce.

Prune Mould.

Mrs. W. West-Wilson.

Take one quart of prunes, stew until tender. Then put through a colander. Put the pulp into a double boiler. Add one pound of sugar, soak one package Cox's gelatine in enough water to cover it. When the prune pulp comes to a boiling point stir in the gelatine, boil twenty minutes, stirring frequently, beat the whites of six eggs to stiff froth, remove the boiler (top one) from the fire, beat in the whites, beat for ten minutes. Pour into moulds previously filled with cold water. When cold serve with whipped cream or boiled custard.

Sponge Pudding.

Mrs. A. E. Webster

1 cupful milk.	Pinch salt.
2 eggs, well beaten	1 teaspoonful powder.
2 ounces butter.	Essence lemon or vanilla.
$\frac{1}{2}$ cupful sugar.	Sufficient flour to make stiff batter.

Pour into buttered moulds and steam one hour.

Apple and Cake Pudding.

Mrs. Henry Helgsen, Metchosin (Sherwood Farm).

Cook apples first as for applesauce, stewing with a little sugar and water and cinnamon, until tender. Meanwhile mix a cake batter as follows:

2 eggs.	1 cupful sugar.
2 tablespoonfuls butter.	$\frac{1}{2}$ cupful milk.
1 cupful of prepared flour.	

Rub butter and sugar together, beat eggs and add milk and eggs; mix in flour slowly. Spread on top of apples and bake in medium oven.

Whole Wheat Pudding.

L. B. Wilkerson.

$\frac{1}{2}$ cupful currants.	$\frac{1}{2}$ cupful raisins.
$\frac{1}{2}$ cupful molasses.	1 teaspoonful soda.
1 cupful milk.	A good dash of spices.
$1\frac{1}{2}$ cupfuls whole wheat flour.	

Beat all well and steam three hours.

Prune Souffle.

Mrs. David Miller.

Whites of five eggs.
6 tablespoonfuls sugar.
16 prunes (large).

Boil prunes till very soft and put through vegetable strainer. Beat whites till stiff, adding sugar gradually and then whip in the pulp of the prunes. Bake forty minutes in a buttered dish and serve with cream or custard.

Omelette Souffle.

Mrs. D. A. McTavish.

Beat the yolks of six eggs with four ounces sugar. Grate the rind of one lemon and the juice of half a one. Beat the whites to a stiff froth, add them to the yolks and sugar. Put in a buttered dish and bake five minutes. Put it into the oven as soon as the ingredients are put together. Serve hot at once.

Steam Chocolate Pudding.

4 eggs.
2 cupfuls of chocolate.
2 cupfuls bread crumbs.
2 tablespoonfuls of butter and sugar.

Sauce.

One-half cupful sugar and one-half cupful butter creamed well, add two eggs well beaten. Flavor with vanilla.

Roly Poly Pudding.

Mrs. W. H. Bone.

1 egg.	1 level teaspoonful of salt.
1 pint of flour.	1 teaspoonful baking powder.
1 tablespoonful of butter.	

Milk enough to make a soft dough. Sift baking powder and salt with flour, and rub in butter; beat egg until creamy. Add milk, mix with a knife, roll dough half an inch thick, add fruit or jam and roll. Steam an hour.

Jamaica Pudding.

Mrs. Lort.

2 eggs. 3 oz. sugar.
3 oz. butter. Lemon flavoring.
Mashed potatoes (weight of 2 eggs).

Cream the butter and sugar together, add the mashed potato, the eggs, well beaten, and lemon flavoring. Put into a buttered pie dish and bake half an hour. Turn out and spread a little jam over.

Bread and Butter Pudding.

Mrs. Brown, "Cherrybank."

Stone half a pound of raisins, wash and dry half pound currants, cut some slices of bread very thin, pare off the crusts and butter them. Butter the shape well and stick the raisins in rows in the inside of the shape; lay in some raisins and currants, then a slice of bread, then the fruit, and so on alternately, until the shape is three-fourths full.

Guards Pudding.

Mrs. Lort.

3 oz. butter. 3 tablespoonfuls of raspberry jam.
3 oz. bread crumbs. 3 eggs.
3 oz. castor sugar. 1 saltspoonful carbonate of soda.

Melt the butter and mix with the bread crumbs, add remainder and steam for two hours in well-buttered mould. Turn out and sift sugar over. Serve with clotted cream.

Mysterious Pudding.

Two eggs and their weight in flour, butter and castor sugar, a tablespoonful of marmalade, a teaspoonful of baking powder.

Beat the butter to a cream, and add it to the sugar, then the flour, which should have been well mixed with the baking powder, then the marmalade. Beat the eggs well, yolks and whites separately, adding the whites last. When well mixed pour into a well-buttered basin and steam for an hour and a half. (Better three hours.)

Chocolate Pudding.

Miss Francis Mayers.

- 1 cupful milk.
- 1 cupful chocolate.

Then add one-half box gelatine. Let dissolve, take it off the fire, add yolks of five eggs with a little sugar, then the whites beaten and a little vanilla. Serve with whipped cream.

Fig Pudding, No. 1.

Mrs. W. E. Blythe, Quamichan Lake.

- $\frac{1}{2}$ lb. of bread crumbs. 2 ounces of butter
- $\frac{1}{4}$ lb. of figs. 1 gill of milk.
- 1 egg. A little candied peel.

Put in buttered mould and bake one and one-half hours.

Fig Pudding, No. 2.

Mrs. W. E. Blythe, Quamichan Lake.

- $\frac{1}{2}$ lb. of figs. 6 oz. of sugar.
- $\frac{1}{2}$ lb. of suet (beef). 3 eggs.
- $\frac{1}{2}$ lb. bread crumbs. 1 wineglassful of milk.
- The rind of two and juice of one lemon.
- Boil or steam three hours.

No. 2 is a delicious pudding. We put everything through the mincer, for the finer the ingredients are the better.

Steamed Fig Pudding.

Mrs. Hinton.

- 1 cupful of sugar. $\frac{1}{2}$ cupful peel.
- $\frac{1}{2}$ cupful milk. $\frac{1}{2}$ cupful butter.
- 3 eggs. 1 teaspoonful vanilla.
- 1 cupful chopped figs. $\frac{1}{2}$ nutmeg.
- 1 cupful raisins. 2 cupfuls flour.
- 1 teaspoonful cinnamon.

Heaping teaspoonful baking powder.

Steam one hour. Serve with hard sauce.

Fig Pudding.

Mrs. Longfield.

4 ounces of suet.	5 ounces of chopped figs.
3 ounces of flour.	2 eggs.
$\frac{1}{4}$ of a nutmeg.	$\frac{1}{4}$ cupful of milk.
6 ounces of bread crumbs.	2 ounces of sugar.

Mix together and steam for two hours.

Fig Pudding.

Mrs. L. Goodacre.

$\frac{3}{4}$ lb. grated bread.	6 oz. moist sugar.
$\frac{1}{2}$ lb. best figs.	1 egg.
6 oz. suet.	1 cupful milk.

A little nutmeg.

Chop figs and suet very fine, mix the bread and suet, then add figs, sugar and nutmeg, egg beaten well, and lastly the milk. Steam in mould four hours.

To be eaten with hard sauce.

Almond and Raisin.

Mrs. Dumbleton's Dutch Recipe Book.

2 oz. suet.	3 eggs.
$\frac{1}{2}$ pint milk.	2 tablespoonfuls brandy.
$\frac{1}{4}$ lb. bread crumbs.	2 oz. sugar.
$\frac{1}{2}$ lb. raisins.	A little nutmeg.

2 oz. almonds.

Chop suet, mix with bread crumbs, currants, nutmeg, sugar. Butter a mould and line with raisins, put in rows all around, and almonds blanched and laid between. Beat the eggs, add milk and brandy, mix all together, put carefully in the mould, boil three hours or steam. Serve with wine sauce.

Sponge Cake with Whipped Cream.

Cut the centre from a sponge cake. Press pieces of lady fingers dipped in confectioners' sugar and water against the sides of the cake. Fill the space around these with French candied fruit cut in bits. Fill the open space with chilled cream sweetened, flavored and whipped. Surround the cream with the ends of lady fingers.

Olney Pudding.

Miss A. Macrea.

2 ounces sugar. $\frac{1}{4}$ lb. butter.
 2 eggs. $\frac{1}{4}$ lb. flour.
 2 tablespoonfuls of jam.
 $\frac{1}{2}$ teaspoonful soda mixed in a teaspoonful of milk and water.

Steam for two hours.

Fig Pudding.

Mrs. James Sargison.

$\frac{1}{2}$ lb. suet. $\frac{1}{2}$ teaspoonful soda.
 1 lb. figs chopped. 1 lb. bread crumbs.
 1 egg. $\frac{1}{2}$ lb. brown sugar.
 1 nutmeg, grated. Milk to moisten.

Boil three hours and serve with brandy or vanilla sauce.

Mock Cream.

Mrs. H. R. McIntyre.

One cupful of very fine granulated sugar, white of one egg, one large baked apple. Take the white part of the apple and whip with sugar and egg. This will make over a pint.

Date Pudding.

Mrs. Stannard.

2 eggs. 1 cupful of bread crumbs.
 1 lb. of dates. $\frac{1}{2}$ teaspoonful baking soda.
 1 cupful brown sugar. Steam or boil three hours.
 1 cupful of flour. Enough milk to mix.
 1 cupful of beef suet chopped fine.

Lemon Pudding.

Mrs. John S. Lort.

$\frac{1}{4}$ lb. bread crumbs. Pinch of salt.
 2 oz. suet. Rind of 1 lemon.
 1 egg. Juice of 2 lemons.

Mix all the dry ingredients together, and add the liquid. Put into a pint mould, strain for two hours.

Plum Pudding.

Mrs. L. Goodacre.

1½ lbs. bread.	1½ lbs. mixed peel.
1½ lbs. flour.	3½ lbs. suet.
3 lbs. raisins.	½ doz. lemons.
3 lbs. currants.	3 nutmegs.
1½ lbs. white sugar.	1 doz. eggs.

Steam ten (10) hours.

These puddings will keep for years.

Chocolate Rice Pudding.

Mrs. McCoy.

Boil one and one-half cupfuls of rice in half milk and water until soft, but not solid. You want to keep each kernel separate. Add one-half cupful sugar, make a chocolate dressing with one-half cupful grated chocolate, one cupful frosting sugar, piece of butter the size of a hickory nut; blend with a very little boiling water. Just before serving stir the dressing through the rice. Serve with a spoonful of whipped cream.

Bread Pudding.

Mrs. Dumbleton's Dutch book.

4 oz. bread crumbs.	4 oz. apples.
4 oz. currants.	2 oz. sugar.
3 eggs. A little cinnamon and grated nutmeg.	

Mince apples very fine, add currants (well washed), bread crumbs, and sugar. Whisk eggs and mix all thoroughly. Put pudding in a buttered basin; tie down with a cloth; boil three hours or steam.

Date Pudding.

Mrs. Arden, Metchosin.

Stone a pound of dates and chop them up with a quarter of a pound of suet, and sift a quarter of a pound of flour with a quarter of a pound of sugar. Mix the dates and suet with this; also half a nutmeg, grated, and a wineglassful of sherry. Boil for two hours in a cloth and serve with a hard sauce of sugar and butter.

This pudding is almost as nice without the wine.

Frozen Plum Pudding and Sauce.

- 1 tablespoonful of powdered gelatine.
- $\frac{1}{2}$ cupful of boiling water.
- 1 cupful of cold water.
- 1 cupful of sugar.
- 2 cupfuls of whipped cream.
- $\frac{1}{2}$ cupful of cleaned sultana raisins.
- 1 cupful of mixed chopped nut meats.
- $\frac{1}{2}$ pound of candied fruits.
- Yolks of three eggs.

Dissolve the gelatine in the boiling water. Cook the sugar and cold water until they form a fine thread. Add this syrup to the beaten yolks of the eggs; beat till cold, add the gelatine, fold in the whipped cream, then add the raisins and nuts. Freeze. When ready to pack add the candied fruits in alternate layers. If a sauce is desired serve whipped cream, sweetened and flavored with vanilla.

Peach Foam.

Mrs. H. R. McIntyre.

Peel and cut into small pieces four ripe peaches, put them into a bowl with half cupful of sugar and the white of one egg. Beat with a fork half an hour, then it will be thick, perfectly smooth and creamy. This is excellent served with jelly.

Jam Pudding.

Mrs. G. A. McTavish.

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| 2 oz. butter. | $\frac{1}{2}$ tablespoonful sugar. |
| 1 egg. | $\frac{1}{2}$ teaspoonful soda. |
| 4 oz. flour. | 3 tablespoonfuls jam. |
| Steam $1\frac{1}{2}$ hours. | |

SWEET SAUCES

"The turnpike road to people's hearts I find,
Lies through their mouths, or I mistake mankind."

—Dr. Wolcot.

The ability to make a good sweet sauce of the proper consistency, having the ingredients which enter into its composition so proportioned and incorporated that the presence of no particular one is perceptible, of a flavor pleasing yet not pronounced, is an accomplishment of which any housewife may well be proud; for the sweet sauce is to the pudding and similar dessert what the sauce piquante is to meats—it not only adds the finishing touch to the latter, but accentuates the savoriness of the dish it accompanies.

The sauce-maker who is successful must pay strict attention to details, for upon them rests the delicate flavor so desirable. Nothing but the choicest materials must be used. The taste of stale and inferior ones cannot be disguised by profuse seasoning, as some cooks imagine. Only a wooden spoon or spatula should be used for mixing and stirring. Metal ones will impart a disagreeable taste very noticeable to the sensitive palate. The mixing bowl, saucepan and other vessels used must be scrupulously clean.

Cooked sauces should never boil hard, or be violently stirred while cooking.

Hard Sauce for Jam Pudding.

Mrs. G. A. McTavish.

One egg. Beat the white very stiff, then add the yolk and beat well; one-third cupful sugar, small piece of butter, melted, but let it cool before adding, beat till stiff, seasoning.

Foam Sauce.

Mrs. R. B. McMicking.

2 eggs.

1½ cupfuls sugar.

2 tablespoonfuls butter (melted).

Beat eggs very light. Add by degrees the sugar, beat till white, add butter, vanilla and sherry or brandy to taste.

Caramel Sauce.

M. L. McMicking.

Dissolve six ounces of sugar in half a pint of boiling water; add a stick of cinnamon, a little lemon-zest, and two cloves, boil ten minutes. Next put two ounces of loaf sugar, dissolved in a tablespoonful of boiling water, on a moderate fire, and stir it until it assumes a dark brown color; pour the other boiled sugar over this; give it one boil, remove it from the fire, and add two or three tablespoonfuls of sherry, add two tablespoonfuls each of lemon and orange juice.

Snowy Pudding Sauce.

Mrs. A. Macrea.

Boil one cupful of milk and thicken it with a good dessertspoonful of flour worked smooth in a little water. Cook five minutes. Add one saltspoonful of salt and let it cool. Cream one tablespoonful of butter with half a cup of sugar, add one teaspoonful of essence of vanilla, and beat it all into the cool thickened milk. Beat the white of one egg stiff and add it gradually into the sauce. Jam may be substituted for vanilla.

To be eaten on hot puddings.

Hard Sauce.

Mrs. R. B. McMicking.

$\frac{1}{2}$ cupful butter.	1 dessertspoonful vanilla.
1 cupful pulverized sugar.	3 tablespoonfuls brandy.
2 eggs (whites).	

Wash butter in cold water to free from salt, warm slightly, beat in the sugar and vanilla, and cream it fifteen minutes; add the egg and beat until white, then the other, and continue until light and creamy. Grate on a little nutmeg and lastly add the brandy. Pour it into the glass in which you wish to serve it from, smooth the top, ornament with roses (from part of the cream), put through the funnel, either pink or pistachio, or decorate with crystalized fruit. Stand in cool place until wanted. Will keep a long time, and improves.

Marigold Sauce.

M. L. McMicking.

4 tablespoonfuls butter.	1 cupful cream.
7 tablespoonfuls powdered sugar.	$\frac{1}{2}$ nutmeg.
$\frac{1}{2}$ cupful fruit juice.	Yolks of 4 eggs.

Scald cream in custard kettle, beat butter, sugar and eggs together; add nutmeg, pour hot cream over all, add juice and serve.

Brandy Sauce.

M. L. McMicking.

Stir tablespoonful each flour and butter in saucepan over fire till mixture bubbles, pour in hot water—about a pint—slowly till sauce is thick as cream, add half cupful sugar, boil up once, add juice of lemon and brandy to taste. Do not let it boil after lemon and brandy are added; a few small lumps of butter may also be added at the last to make it richer.

JAMESON'S "FEATHER-LIGHT" BAKING POWDER
is Wholesome and Reliable.

FROZEN DAINTIES

"Who's that calls so coldly? A piece of ice."

—Taming of the Shrew.

"Good sooth, she is

The queen of curds and creams."



"Glittering squares of colored ice,
Sweetened with syrup, tinctured with spice."

With an ice cream freezer and a little rough ice and salt, a number of dainty ices and other frozen sweets can be prepared at home, vastly superior in flavor, although not perhaps in appearance, to any which can be obtained from the confectioner's. Leaving out of consideration the primary cost of the machine, frozen sweets are not more expensive than any others, nor more trouble to prepare, besides which they always give finish to a dinner or refreshment table.

Ice Cream.

Mrs. Raymur.

Make a good custard of six eggs, one quart milk. When cold add one quart whipped cream. Sugar and flavoring to taste. Freeze.

Strawberry Ice Cream.

Mrs. Hinton.

Make a custard with a pint of milk, two eggs and a pinch of salt. When cold add a pint of preserved strawberry, a pint of whipped cream, a teaspoonful of strawberry extract and sugar to taste.

Ice Cream.

Cream.	Flavoring.
Powdered Sugar.	Salt and Ice.

If you expect to have good ice cream make up your mind to use good ingredients and to avoid doing the work hurriedly. Your plain cream should be perfectly fresh. To every quart you propose to use add a cupful of powdered sugar. Mix well, and pour into the freezer. The freezer should be of such a size that it will hold twice as much cream as you actually put in. Pack around it solidly in the tub alternate layers of salt and fine ice, using about four times as much ice as salt. Let the cream stand until it begins to freeze on the sides of the can. It is just at this point that the flavoring should be added, a little at a time, tasting the mixture to be sure that you have it exactly right. Turn the crank until the cream is firm and smooth and almost fills the freezer. Take out the beater, scraping from it all the cream that has accumulated there, and pack all the cream down firmly until it is perfectly smooth. Draw off some of the water from the tub and pack enough salt and ice about the freezer to come to the top. Cover with a piece of carpet or old blanket and set away to ripen in a cool place—say, for about three hours. Do not have the cream too thick. Remember also that it is important to turn the crank slowly for the first eight minutes, then rapidly.

Syrup for Ices.

For most kinds of ices it is preferable to use syrup instead of sugar, and to make it, allow half a pint of cold water to every pound of loaf or castor sugar, boil together for a minute in an enamelled saucepan, skim, strain through a wire sieve, and it is ready for use when cold. If preferred, a considerable quantity can be prepared at a time, and kept in bottles well corked, it remains good for weeks.

Ices Made from Fresh Fruit.

Strawberries, raspberries, red currants, Kentish cherries or red gooseberries may be taken, or even greengages and plums. For the first three, take 2 lbs. of fruit, mash it in a basin, and rub the pulp through a hair sieve. Gooseberries, cherries and plums must be stewed a little to extract their juice, a little water should be added just to keep them from burning to the pan. When the juice is drawn, strain it off and pass through a hair sieve as for the raw fruit. When fresh fruits are not obtainable, jam may be substituted. To the fruit pulp add half a pint of syrup, the strained juice of a lemon, half a pint of milk, and the same of cream whipped stiffly. Color pink with a few drops of cochineal and freeze according to directions given with the particular machine used. Ice creams are frequently moulded at the present day, instead of being served in little cups; to do this, press the above mixture into a quart mould, and stand it in a refrigerator or ice cave for an hour or two. To turn out the ice, dip the mould for a second into cold water, reverse it on to a fancy d'oyley on a glass dish, and it will slip out like a jelly.

Cream Ices Made With Jam.

Make a boiled custard with a pint of milk and four fresh eggs, pass a pound of jam through a sieve to remove seeds or stones—if the jam is made hot in a saucepan with a table-spoonful of water, it will pass through more quickly—mix it with the custard, add the strained juice of a lemon, half a teacupful of syrup, and half a pint of whipped cream. Freeze in the usual manner, and serve in glasses or small paper cases. The mixture should be colored according to the jam used. Cochineal for a red jam, sap green for a green, and saffron yellow for apricot or any other yellow jam.

Lemon Water Ice.

Rub a quarter of a pound of lump sugar on six lemons to remove the yellow part, put this in a basin with the strained juice of the lemons, a pint of boiling water, and three-quarters of a pint of syrup. Stir till the sugar is dissolved. When cold, freeze. Serve in a small glass, with a slice of lemon on the top.

A New Frozen Dessert.

M. L. McMicking.

Among the new frozen desserts Sultana Roll is perhaps the most attractive. It certainly is palatable and does not contain injurious materials. Plain round moulds are not to be found in the market, but almost every housewife uses baking powder, and the pound baking-powder tins make excellent Sultana Roll moulds. Test each can to make sure that it does not leak. A hole the size of a pin point will allow sufficient salt water to enter to spoil the whole pudding.

Cover half a cupful of sultanas with the juice of three oranges. Put a pint of cream over the fire in a double boiler; add one cupful (eight ounces) of sugar; stir until the sugar is dissolved; take from the fire and cool. When perfectly cold add another pint of uncooked cream, a teaspoonful of bitter almond extract, and about three drops of "apple green" coloring. Freeze the mixture in an ordinary freezing can. When frozen stir in two ounces of pistachio nuts that have been blanched and ground. If you are without a grinder pound them to a paste. Drain the sultanas perfectly dry. Whip one pint of cream to a stiff froth; add the drained sultanas, four tablespoonfuls of powdered sugar, and three drops of cochineal; mix carefully. Have the freezing tub ready and the moulds dipped in cold water and arranged over the ice. Line the moulds, bottom and sides, to the depth of one inch with pistachio ice cream; fill the centre with the whipped cream; put a layer of ice cream over the top, then a piece of waxed paper, and put on the lid. Pack the moulds quickly; cover with ice and salt and stand aside for two hours until thoroughly frozen. If the lids are not close-fitting bind them with strips of muslin dipped in melted paraffine. The paraffine will harden the moment it touches the can, making the seams sufficiently tight to prevent the entrance of salt water.

For the sauce, wash and strain a pint of strawberries. Put one cupful of sugar with half a cupful of water over the fire; stir until the sugar is dissolved. Boil until the syrup spins a heavy thread. Take from the fire, add the strained juice of two lemons and the strawberry juice; mix and stand on the ice. When ready to serve wipe the outside of the moulds, plunge them into cold water, loosen with a knife,

and if they are baking-powder boxes put three or four down the centre of a platter. Garnish the dishes with fresh roses and send to the table with the sauce in a boat.

To serve the rolls cut in slices and pour around a portion of the sauce.

Frozen Pudding.

M. L. McMicking.

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| 1 cupful milk. | $\frac{1}{2}$ cupful macaroons, grated. |
| 2 teaspoonfuls vanilla. | $\frac{1}{2}$ cupful raisins, chopped fine |
| 2 eggs. | Pint of cream, whipped. |
| 1 teaspoonful almond. | Juice of lemon and orange. |
| $\frac{1}{2}$ cupful sugar. | $\frac{1}{2}$ cupful dates, chopped fine. |
| $\frac{1}{2}$ cupful candied fruit, chopped fine. | |
| $\frac{1}{2}$ cupful almonds blanched and pounded. | |

Make custard, add ingredients. When cool line a dish with lady fingers, pour in the mixture, pack in ice for two hours. Turn out and serve with whipped cream.

Pineapple Water Ice.

Take $\frac{1}{2}$ lb. of tinned pineapple, and pound it in a mortar, add a pint of syrup—including the syrup in the tin—the juice of a small lemon and three-quarters of a pint of boiling water. Strain through a hair sieve, and when cold, freeze.

Strawberry Ice Cream.

Mrs. W. Monteith.

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| $\frac{1}{2}$ pint cream. | 1 teaspoonful cochineal. |
| 1 lb. fresh strawberries. | 3 oz. castor sugar. |
| 1 tablespoonful lemon juice. | |

Rub the fruit through a fine sieve, add lemon, cochineal and sugar and let it stand to melt the latter. This ought to measure half a pint. Then add cream, whipped. Freeze in a mould.

Coffee Cream Ice.

Coffee cream ice is a general favorite. Make a teacupful of very strong coffee, strain it well till it is perfectly clear, mix it with a pint of syrup (sugar and water boiled together), with a pint of boiled milk, and half a pint of whipped cream with a few drops of vanilla flavoring. Freeze in the usual manner, and serve in glasses.

Maple Mousse.

Miss McKeand.

Soak one tablespoonful gelatine in one-quarter cupful of cold water. Dissolve in one-half cupful hot maple syrup. Add one-half cupful cold maple syrup. Cool mixture and fold in one pint thick cream, beaten stiff. Turn into mould, cover closely and pack in salt and ice for three hours.

Delicious.

Maraschino Ice Cream.

Make a boiled custard with a pint of milk and two eggs; let it cool. Add half a pint of syrup, two liqueur glasses of maraschino, the strained juice of one lemon, and half a pint of whipped cream. Freeze in the usual manner, and serve in glasses.

Water ices are simply the juices of fruit sweetened and diluted with water, then frozen.

Pineapple Bavarian Cream.

Mrs. Justin Gilbert.

1 pint cream.

1 pint chopped pineapple.

$\frac{1}{2}$ box gelatine soaked in $\frac{1}{2}$ cupful cold water.

$\frac{1}{2}$ pint sugar.

Put pineapple and sugar into a porcelain kettle and allow to simmer. Add gelatine and stir until dissolved.

Let this stand until it begins to stiffen, then add whipped cream lightly. Place on ice to harden. Serve with whipped cream, using candied cherries as a garnish.

Iced Vanilla Mousse.

Put nine yolks of eggs into a basin, with three whites, one ounce and three-quarters of castor sugar, a dessert-spoonful of essence of vanilla, and the same of brandy. Stand the basin over the boiling water, and whip the mixture till it is thick and warm; remove from the water and whip again till it is quite cold. Now add about a gill of slightly sweetened whipped cream. Pour into a mould, and set in an ice cave for three and a half hours. Turn out for serving.

Almond Parfait

M. L. McMicking.

Shell a quarter of a pound of almonds and cut them in very narrow strips or put through the mincing machine. Melt three-quarters of a cupful of sugar and half a cupful of water; cook, without stirring, until a little dropped in cold water will form a ball when rolled between the fingers. Whip whites of two eggs until frothy, but not stiff, then pour the syrup in a fine stream over them, beating all the time. Beat until cold. Add the almonds, a tablespoonful of lemon juice and half a pint of cream whipped to a solid froth. Pour into a mould, pack in ice and salt, and let stand for four hours. Unmould and serve.

Iced Pudding.

Make a custard with three eggs and half a pint of milk; when cool, add three ounces of sugar and a teaspoonful of vanilla essence, half a gill of brandy, half a pint of whipped cream, and two ounces of Savoy biscuit crumbs. Freeze this mixture, but not very hard; place a little at the bottom of a pint and a half sized mould, and sprinkle a layer of any kind of chopped fruit, preserved or dried, over. Fill up the mould with alternate layers of fruit and ice, put on the cover and stand it in an ice cave or refrigerator for a couple of hours. Dip the mould in cold water, and the pudding will turn out easily.

Roman Punch.

Make a pineapple water ice according to above directions, semi-freeze it, then mix in a wineglassful of brandy and half a pint of champagne. Lastly, add the whites of two eggs stiffly beaten with two ounces of castor sugar. Freeze again to the proper consistency, and serve in sorbet cups.

Apricot Sorbet.

Take four tablespoonfuls of apricot jam and mix with about a pint of cold water, pass through a hair sieve, and slightly freeze. Add a wineglassful of maraschino syrup, and half a wineglassful of brandy, freeze to proper consistency and serve in cups. Any kind of jam can be used in this way.

Frozen Pudding.

Mrs. E. Crow-Baker.

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| 1 quart of cream. | 1 pint of water. |
| 1 pound sugar. | Yolks of 6 eggs. |
| 1 cupful of orange juice. | 1 teaspoonful vanilla. |
| ½ pint chopped fruit. | |

Beat the yolks of six eggs until very light. Boil together a pint of water and a pound of sugar for five minutes, add the yolks of the eggs, beat over the fire for just a moment. Take from the fire and beat continuously until the mixture is cold. It should be thick like sponge cake batter. Add a quart of cream and a teaspoonful of vanilla. Turn into a freezer and freeze until it is the consistency of soft snow. Have ready half a pint of chopped fruit which has been soaking for one or two hours in orange juice, add this fruit and turn until the mixture is well frozen. This pudding may be served with or without sauce.

Coffee Souffles in Cases.

Take dozen little paper souffle cases and fasten round the edge of each a band of stiff white paper two and a half inches in depth, secure it with sealing wax. The paper should stand about one and a half inches above the case.

Put in a basin seven yolks of eggs and three whites, two tablespoonfuls of very strong clear coffee, and two and a half ounces of castor sugar. Whip over boiling water till a thick batter is produced, then remove from the water and continue whipping till cold. Add a gill of milk and the same of whipped cream, nearly fill the prepared cases with the mixture and freeze in the ice cave for three hours. When frozen sufficiently remove the papers which were added, and slip each case into a fancy paper case, sprinkling a little finely chopped angelica, or cocoanut colored pink, with diluted cochineal over each. The difference between mousses and souffles is, that the former are turned out of their moulds for serving, and the latter are served in their moulds or cases.

Sometimes two ices of contrasting color and flavor are moulded together or put in the same glasses; for instance, lemon water with strawberry cream ice, coffee cream with maraschino cream, and so forth.

Sorbets.

Sorbets are water ices flavored with wine or spirits, but only just enough frozen to be piled up in the glasses. They are served after the entrees, and just before the roast, at a dinner party, one glass for each person.

Rum Sorbet.

Make a lemon water ice according to preceding directions, and when partly frozen, add two wineglassfuls of white rum; re-freeze to proper consistency, and serve in cups or glasses.

Ice Cream Mask.

Lady fingers laid over mould; join with royal icing put through tube; when firm slip over brick of ice cream, placed on dish ready to serve. Fruit pariait might be attractively served under this mask.

CAKES

With weights and measure just and true,
Oven of even heat,
Well-buttered tins and quiet nerves,
Success will be complete.

Cakes should not stand before being baked. The richer the cake the more slowly and longer it must bake. Streaks in cake are caused by too rapid or unequal baking, unskillful mixing, or a sudden decrease in heat before the cake is quite done.

Mountain Cake.

Mrs. Frank S. Bone.

1 lb. sugar.	1 lb. flour.
$\frac{1}{2}$ lb. butter.	2 teaspoonfuls baking powder.
6 eggs.	1 teaspoonful lemon flavoring.
1 cupful milk.	Bake about one hour.

Plain Fruit Cake.

Beat together $\frac{1}{2}$ pound butter, $\frac{1}{2}$ pound sugar, 3 eggs, one at time, $\frac{3}{4}$ cupful milk, $\frac{1}{2}$ lb. currants, $\frac{1}{2}$ lb. sultanas, $\frac{1}{4}$ lb. mixed peel, 1 lb. flour, 1 teaspoonful soda.

Wedding. (Very Old).

Mrs. Tilton.

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| 1½ lbs. flour. | ½ teaspoonful cloves. |
| 1 lb. fine sugar. | ½ pint cognac (brandy). |
| 8 whole eggs. | 1 teaspoonful salt. |
| 1½ lbs. butter (very best). | |
| 1 lb. dried cherries (slightly chopped). | |
| 1½ lbs. dried currants (well cleaned). | |
| 1½ lbs. candied peel (equal quantities of each) cut into small shreds. | |
| 8 ounces ground and pounded almonds. | |
| 4 orange rinds scraped on lump sugar, and afterwards scraped off. | |
| 1 tablespoonful cinnamon and nutmeg. | |

Place the butter in a large earthenware bowl and work to a cream with a wooden spoon. Next gradually add the flour, sugar and eggs, beating all the time. Now add the cherries, candied peel, ground almonds, currants, spices, salt and brandy. When all are smoothly blended pour the mixture into a large tin with straight sides, doubly lined with buttered paper to prevent scorching. The oven should be moderately hot, taking care to bake evenly and to add no more fuel for fear of suddenly increasing the heat.

Jelly Cake.

Mrs. G. A. McTavish.

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| ½ lb. butter. | 1½ lbs. flour. |
| 1¼ lbs. sugar. | 4 teaspoonfuls baking powder. |
| 1 cupful milk. | Salt. |
| 5 eggs (beat yolks and whites separately). | |

Mocha Cakes.

Mrs. R. A. Renwick.

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| 4 eggs. | ½ cupful boiling water. |
| 1½ cupfuls sugar. | 1 teaspoonful baking powder. |
| 1½ cupfuls flour. | |

Beat sugar and yolks of eggs, add water, fold in whites stiffly beaten, bake in flat pan.

Covering: 10 oz. sugar (pulverized), 4 oz. butter, 1 tablespoonful cold water. Blanch almonds, brown in the oven, pound and roll cakes in.

Brownies.

Miss May Brown, Teacher of Domestic Science in the Public School.

1-3 cupful butter.	1-3 cupful molasses.
1 egg, well beaten.	1-3 cupful powdered sugar.
$\frac{7}{8}$ cupful bread flour.	1 cupful chopped walnuts.

Mix ingredients in order given. Bake in small, shallow fancy cake tins, garnishing top of each cake with one-half walnut.

Cream Pies.

Mrs. Edward Dickenson.

1 cupful sugar, $\frac{1}{2}$ cupful butter, creamed, add yolks of 3 eggs, well beaten, $\frac{1}{2}$ cupful milk, flavoring. $1\frac{1}{4}$ cupfuls flour, $1\frac{1}{2}$ teaspoonfuls baking powder well sifted together, last fold in the whites of eggs. Bake in two deep jelly pans; when cool cut open, fill with whipped cream with a little sugar and flavoring in it; cover top with powdered sugar.

CAMPBELL'S

We carry everything in ready-to-wear that a lady requires. Our suit department is up to the minute in style, and our prices are moderate. In the corset department we can supply models to fit any figure. Our corsetiere is thoroughly experienced and her services are at your disposal. We specially invite your attention to our children's department.

Angus Campbell & Co., Ltd.

1008-1010 Government St.

Fruit.

(Two Big Cakes).

Mrs. Charles Rhodes.

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| 1 lb. butter (liberal). | 3 lbs. Brazil nuts. |
| 10 eggs. | 1 lb. currants. |
| 2 lbs. flour. | 1 glassful currant jelly. |
| $\frac{3}{4}$ lb. citron. | 1 wineglassful of sherry. |
| $\frac{1}{4}$ lb. orange peel. | 2 wineglassfuls of brandy. |
| 3 lbs. stoned raisins. | 1 lb. blanched almonds. |
| 1 lb. black sugar (very liberal). | |
| 2 cupfuls of stoned cooked prunes, without juice. | |
| 1 large cupful black molasses, into which put 1 teaspoonful of cream-of-tartar. | |
| 1 teaspoonful each of ginger, allspice, cinnamon and cloves. | |
| $\frac{1}{2}$ teaspoonful of ground mace. | |

Brown the flour and flour the fruit well from the above quantity. Two heaping teaspoonfuls baking powder mixed with a little of the flour. First beat up butter and sugar together, then add brandy and wine and molasses, also spices, then well-beaten eggs. Mix well and add the flour left from fruit, then fruit and nuts, a few at a time.

Fruit Cake.

Take one pound of flour, one pound of butter, one pound of sifted sugar, twelve eggs, two pounds of sultana raisins, one pound of currants, half pound of citron peel, one tablespoonful powdered mace, one tablespoonful ground ginger, one tablespoonful ground cinnamon, two grated nutmegs, one pound seedless raisins, one wineglassful of sherry, one wineglassful of brandy, and one teaspoonful of salt. Mix the sherry and brandy together, and put the spice to steep in it over night. Stone the raisins, clean the currants, chop the citron peel, and dredge all lightly with flour. Beat the butter and sugar together to a light cream. Separate the yolks from the whites of the eggs; beat the yolks light, and add them to the butter alternately with the flour, a little of each at a time, till they are well mixed. Then beat the whites to a solid froth, and stir them lightly in. Lastly, add the fruit and citron. Bake in a slow oven almost three hours.

The Presidents.

Betty Lyle Wilson.

- 1 lb. butter.
- 1 lb sugar.
- 1 lb. flour, browned and sifted.
- 12 eggs beaten separately.
- 5 lbs. seeded raisins.
- 1½ lbs. shredded citron peel.
- 1 glassful grape jelly.
- 2 teaspoonfuls of melted chocolate.
- 1 lb. crystallized cherries.
- 1 lb. crystallized diced pineapple.
- 1 lb. blanched almonds cut fine.
- 1 lb. shelled pecans cut small.
- 1 tablespoonful powdered cinnamon.
- 1 scant tablespoonful grated nutmeg.
- ½ tablespoonful of allspice.
- 1 scant teaspoonful powdered cloves.
- 1 glassful grape juice
- 2 teaspoonfuls rosewater.

Soak the almonds over night in the rosewater, and the fruit in the grape juice for the same length of time. Cream the butter and sugar thoroughly, add the well-beaten yolks of the eggs, then the spices, grape jelly and chocolate. Next add the beaten whites of the eggs and part of the flour. Roll the fruit in the rest of the flour, mixing it into the cake in small quantities at a time. Add the nuts last. Bake or steam the cake from four to six hours in small or large moulds. If steamed, dry off in a slow oven for one hour.

Coffee Cake.

Mrs. Frank S. Bone.

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| 1 cupful of sugar. | 1 teaspoonful of soda. |
| 1 cupful of butter. | 1 teaspoonful of cloves. |
| 1 cupful of molasses. | 1 teaspoonful of cinnamon. |
| 1½ cupfuls of cold coffee. | 1 cupful of chopped raisins. |
- Mix stiff and bake slowly.

White Fig Cake.

Mrs. J. D. Gordon.

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| 1 lb. chopped or sliced figs. | |
| 1 cupful butter. | 3¼ cupfuls flour. |
| 2 cupfuls sugar. | Flavoring. |
| 3 eggs. | 1 large teaspoonful baking powder. |
| 1 cupful milk. | Cream, butter and sugar together. |

Add eggs, yolks and whites beaten separately, add milk and one-half teaspoonful salt, then the flour, sifted; after adding baking powder beat very well, adding flavoring last. Put one layer of this batter in cake tin, then a layer of figs, sliced and floured, then another layer of batter, then a second layer of figs, ending with a third layer of batter on the top. Bake in a moderate oven about the same time as a loaf of the same size.

St. Valentine's Cake.

Make an ordinary layer cake, fill the first layer with chocolate icing, the second with white, and cover the top and sides with pink. Dot the sides and top with small red hearts of candy. Serve on a lace-paper d'oilily over a large piece of red cardboard cut heart-shape.

Christmas.

Mrs. Longfield.

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| 2 lbs. flour. | 6 eggs. |
| 1 lb. sugar. | A pinch of salt. |
| 1 lb. butter. | ¼ lb. mixed peel. |
| ½ lb. almonds. | 1 lb. currants and sultanas. |
| A little milk. | 2 teaspoonfuls of baking powder. |

Boiled Frosting for Walnut Cake.

Mrs. D. W. Higgins.

Two teacupfuls granulated sugar, one-half cupful boiling water, do not stir, boil till syrup falls from a spoon in fine threads. Have ready whites of the two eggs well beaten, pour the syrup over and beat briskly till nearly cold, spread over cake, putting a few half walnuts in rows over the frosting. Use a coffee cup in measuring.

A Very Nice Cake.

Mrs. D. W. Higgins.

- $\frac{3}{4}$ cupful of butter.
- 2 cupfuls sugar.
- 3 cupfuls flour (sifted before measuring).
- 1 cupful milk.
- 2 teaspoonfuls baking powder.
- 5 eggs (reserving whites of two for frosting).

Use a coffee cup in measuring. Mix same as walnut cake and use same frosting with a little dessicated cocoanut.

Christmas Cake.

Take one pound each of flour and sultana raisins, three-quarters of a pound each of sugar, butter, currants, and mixed peel, half a pound each of preserved cherries and blanched almonds, one ounce of mixed spice, the grated rinds of three lemons and one orange, eight eggs, a quarter teaspoonful of salt and half a cupful of brandy or home-made wine. Line a large cake tin with three layers of greased paper.

Beat the butter and sugar together until they are smooth and creamy. Beat in the eggs separately, one by one. Mix on a plate the stalked and cleaned currants and sultanas, the shredded almonds, coarsely chopped peel, cherries cut in halves, the grated orange and lemon rinds, and spice. Sift together the flour and salt, stir these lightly into the butter, then add the mixed fruits, and lastly the brandy. Put the mixture into the tin, and bake it very carefully from three to three and a half hours. When done, take it out of the tin, take off the paper, and when cold wrap it in grease-proof paper. Put away until it is time to ice it. Put on a layer of almond icing, then one of royal icing, and finally, one of boiled icing.

Date Cake.

Miss B. Morley.

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| 2 eggs. | $\frac{3}{4}$ lb. dates cut up. |
| 2 cupfuls flour. | $\frac{3}{4}$ cupful water. |
| 1 cupful butter. | 1 cupful sugar. |
| 1 cupful walnuts. | 1 teaspoonful soda. |

Bake one hour in moderate oven.

Cornstarch Cakes.

Mrs. W. J. Sutton.

1 cupful sugar.	$\frac{1}{2}$ cupful cornstarch.
1-3 cupful butter.	1 cupful flour.
$\frac{1}{2}$ cupful milk.	$1\frac{1}{2}$ teaspoonfuls baking powder.

Sift flour and cornstarch together two or three times, whites of three eggs beaten stiff, flavor to taste.

Angel Food.

Angel food, by the way, is one of the most ornamental and delicate of cakes to serve. It may be cut into squares with hard icing, then decorated with candied cherry, rose leaves or violets. To make it, sift some pastry flour four times over, then measure one cupful and set to one side. Sift and measure one cupful and a quarter (scant) of granulated sugar. Break on to a large platter the whites of nine large or ten small fresh eggs that have been chilled in the ice-box, add a pinch of salt and begin whipping in long strokes with a wire beater. When partially stiffened add a half teaspoonful cream of tartar, and continue beating until stiff. Add the sifted sugar and a teaspoonful of vanilla, stir in, then add the sifted flour, and fold in as lightly as possible. All this on the large platter. Now turn into brick-shaped pans or a pan with a tube in the centre, place in a very moderate oven, and after twenty-five minutes increase the heat a little. It will require about forty or forty-five minutes to bake. Do not jar while baking. A boiled frosting is best for this cake.

Kisses.

Mrs. L. Goodacre.

Whites of 4 eggs.
 $1\frac{1}{4}$ cupfuls powdered sugar.
 $\frac{1}{2}$ teaspoonful vanilla.

Beat whites until stiff, add gradually two-thirds of sugar and continue beating until mixture will hold its shape, fold in remaining sugar and flavoring. Shape with a spoon on a board which has been rubbed over with a damp cloth and covered with letter paper. Bake 30 minutes in slow oven.

Walnut Cake.

Mrs. D. W. Higgins.

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| 4 eggs. | 3 cupfuls sifted flour. |
| 2 cupfuls sugar. | 1 cupful water. |
| 1 cup butter (not quite full). | |
| 2 teaspoonfuls baking powder mixed with the flour. | |
| 2 cupfuls walnuts, chopped fine. | |

Mix the sugar and butter well together, break eggs one by one into the mixture—reserving whites of two for frosting, beat lightly, then add the flour and water together, bake in an oblong pan about one foot long, grease the pan well, then flour thickly; this always prevents cake from adhering to the pan and saves papering it. It is a good plan for all cakes that contain butter.

Ground Rice.

Mrs. W. S. Gore.

- $\frac{3}{4}$ cupful of white sugar.
 - 1 cupful rice flour.
 - Small half teaspoonful baking powder.
 - 4 eggs, to be broken into the rice flour and sugar.
- Beat thoroughly all together.

Fairy Gingerbread.

Miss May Brown, Teacher Domestic Science, Public School, Victoria.

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| $\frac{1}{2}$ cupful butter. | $1\frac{7}{8}$ cupfuls bread flour. |
| $\frac{1}{2}$ cupful milk. | 2 teaspoonfuls ginger. |
| 1 cupful light brown sugar. | |

Cream the butter, add sugar gradually, and milk very slowly; mix and sift flour and ginger, and combine mixtures. Spread very thinly with a broad, long-bladed knife on a buttered, inverted dripping pan. Bake in a moderate oven. Cut in squares before removing from pan. Watch carefully and turn pan often during baking, that all may be evenly cooked. If mixture around edge of pan is cooked before that in the centre, pan should be removed from oven, cooked part cut off, and remainder returned to oven to finish cooking.

Gingerbread.

Mrs. D. A. McTavish.

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| $\frac{3}{4}$ lb. flour. | $\frac{1}{4}$ lb. butter. |
| Salt. | 1 cupful brown sugar. |
| 1 tablespoonful ginger. | 1 cupful black molasses. |
| 2 eggs. | 1 cupful milk. |
| 1 teaspoonful soda dissolved in warm water. | |

Stir well by fire till lukewarm one-half cupful preserved ginger chopped fine.

Beat well for ten minutes. Bake in a moderate oven, as it burns easily.

Ginger.

Mrs. Fields, Metchosin.

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| 1 cupful molasses. | $\frac{1}{2}$ cupful sugar. |
| 2 cupfuls flour. | 2 teaspoonfuls ginger. |
| 1 cupful sour cream. | 1 teaspoonful cinnamon. |
| 1 teaspoonful soda. | 2 eggs. |

For icing: One cupful brown sugar, two tablespoonfuls sweet cream. Let boil till it bubbles; take off and stir occasionally.

Ginger Snaps.

Mrs. Wood.

- 4 tablespoonfuls of ginger. 1 quart of molasses.
 1 tablespoonful of butter. 2 tablespoonfuls cinnamon.
 2 tablespoonfuls of cloves. 1 pound of sugar.

Roll out thin.

Ginger Snaps.

Mrs. Gould.

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| 1 teaspoonful ginger. | 1 large teaspoonful soda. |
| 1 cupful molasses. | $\frac{1}{2}$ cupful sugar. |
| $\frac{1}{2}$ cupful butter and dripping or lard. | |
| Other spices to suit taste. | |

Boil sugar, butter and molasses together for three minutes, add salt, spices and soda. Dissolve soda in three tablespoonfuls of boiling water. Stir in flour till stiff enough to roll very thin.

Bake in hot oven. Excellent.

Genoa Cake (very good).

Mrs. Jenkensson.

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| 2 cupfuls butter. | $\frac{1}{2}$ cupful blanched almonds. |
| 2 cupfuls sugar. | 1 cupful ground rice. |
| 1 cupful currants. | 4 eggs. |
| 1 cupful sultanas. | 2 teaspoonfuls baking powder. |
| $\frac{1}{2}$ cupful peel. | Rind of lemon and orange. |
| 3 cupfuls flour. | Salt. |
- Bake in medium oven.

Sponge Gingerbread.

Mrs. L. G. McQuade.

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| 1 cupful sour milk. | 2 eggs. |
| 1 cupful of Orleans molasses. | 1 teaspoonful soda. |
| $\frac{1}{2}$ cupful butter. | 1 tablespoonful ginger. |
- Flour to make as thick as pound cake.

Put butter, molasses and ginger together, make them quite warm, add the milk, flour, eggs and soda. Bake as soon as possible.

Ginger Cake.

Mrs. L. Goodacre.

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| 1 cupful shortening ($\frac{1}{2}$ cupful butter, $\frac{1}{2}$ cupful lard). | |
| 1 cupful brown sugar. | 2 cupfuls of flour. |
| 1 cupful molasses. | 1 teaspoonful cinnamon. |
| 2 eggs beaten separately. | Pinch of salt. |
| 2 tablespoonfuls ground ginger. | |
| 1 teaspoonful baking powder dissolved in a teacupful of boiling water. | |

Hard Sugar Gingerbread.

Mrs. A. J. Morley.

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| 1 cupful butter. | 2 teaspoonfuls baking powder. |
| 2 eggs. | 1 cupful brown sugar. |
| 2 tablespoonfuls milk. | $\frac{1}{2}$ cupful white sugar. |

A large teaspoonful ginger, and sufficient flour to knead and roll out without its sticking to board.

Roll about a half inch thick, and cut into narrow strips, or squares. Bake in flat tins.

Sponge Gingerbread.

Mrs. Wood.

Mix a piece of butter the size of an egg in a pint of molasses. Stir in a quart of flour one tablespoonful of ginger, one heaping spoonful of soda dissolved in a tumblerful of buttermilk.

Sponge.

Mrs. Longfield.

4 eggs.
6 ounces of sugar.
4 ounces flour.
A pinch of salt.

Peel of a lemon to stand over night in two tablespoonfuls of water, the water to be strained and boiled with the sugar, beat the eggs partly and pour the boiling sugar over them. Beat twenty minutes two of the whites of the eggs to be taken out.

Lemon Jelly.

Mrs. Arden, Metchosin.

Cream half a cupful of butter and one and a half cupfuls of sugar together, add three cupfuls of sifted flour, two teaspoonfuls of baking powder, half a cupful of milk and six eggs. Bake in jelly tins.

For Filling: Take sugar, a cupful, two eggs, the juice and grated rind of two lemons. Mix, set on stove, stir until sugar is dissolved, and let cool until thick. When cold spread between layers of cake.

Rock Cake.

Mrs. W. S. Gore.

4 eggs. 1/2 lb. currants.
2 lbs. flour. 1/2 lb. sugar.
1/2 lb. butter.
2 heaping teaspoonfuls baking powder.
Milk enough to make a stiff batter.

Drop a large teaspoonful in the buttered pan and bake quickly.

Sponge.

Mrs. Wood.

Beat 4 eggs.
2 cupfuls sugar.

2 cupfuls flour with 2 heaping teaspoonfuls baking powder sifted in. Then add a little lemon and two-thirds cupful of boiling water.

Infallible Sponge.

Miss Ethel M. Earle.

Allow the weight of five eggs in sugar, half this weight in flour, the grated rind and juice of half a lemon, and one-half tablespoonful of rosewater. Beat the whites until perfectly stiff. Drop in the unbeaten yolks, and beat once more and then add the sugar. Beat until very light. Add flour, lemon, rosewater. Stir carefully and bake in a steady oven.

Sponge, No. 1.

Mrs. R. B. McMicking.

4 eggs.
I cupful sugar.

I cupful of flour.
Rind and juice of one lemon—

Separate whites and yolks, and beat till a lemon color; add one-half cupful sugar and lemon juice and grated rind. Beat again very light, add the remaining sugar, beat in lightly the flour, add beaten whites, cut and fold in carefully and lightly. Bake thirty minutes.

Sponge, No. 2.

1 cupful flour.
3 eggs.
 $\frac{1}{2}$ cupful water (boiling).
1 cupful sugar.
1 teaspoonful yeast powder.

Beat eggs separately, place together the yolks and sugar, and beat to a cream, stir flour and baking powder together, stir in, after which add the boiling water, fold in the whites. Bake three-quarters of an hour.

Mrs. T. Cake.

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| 1 cupful butter. | 1 cupful milk. |
| 5 eggs. | 1 cupful citron. |
| 1½ cupfuls sugar. | 1 cupful sultanas. |
| 4 cupfuls flour. | 2 teaspoonfuls yeast powder. |
| 1 cupful almonds, blanched and chopped. | |

Sponge.

· Mrs. L. G. McQuade.

Six eggs, two teacupfuls pulverized sugar, beat yolks and sugar to a cream, add one and one-half cupfuls of flour with two small teaspoonfuls baking powder in it; then add the whites beaten to a stiff froth, and stir all slowly till top is covered with bubbles. Bake in moderately quick oven.

Sponge.

Mrs. Stannard.

- 1 dozen eggs.
- 1 lb. flour.
- 1¼ lbs. of sugar.

Beat the yolks first, then add the sugar, then the whites flavored with essence of lemon and rose. Beat it well, then stir in the flour without beating. Lastly add one and a half wineglassfuls of cold water. Put in the pan and bake immediately. When done turn out of the pan and let cool.

Christmas.

M. L. McMicking.

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| 12 eggs. | 1 teaspoonful soda. |
| 1 lb. flour. | 1 lb. granulated sugar. |
| 1 lb. citron. | ½ teaspoonful nutmeg. |
| 1 lb. butter. | 2 tablespoonfuls caramel. |
| 2 lbs. currants. | 1 tablespoonful cinnamon. |
| 1 lb. sultanas. | 2 large tumblerfuls brandy |
| 2 lbs. raisins. | 1 cupful thick strawberry jam. |
| ¼* teaspoonful each allspice and cloves. | |
| ½ lb. blanched and pounded almonds. | |
| 1 cupful dates, stoned and minced. | |

Bake four hours in a slow oven.

Good Plum (English).

Mrs. Edward Gordon, Otter Point.

One-half pound butter creamed with one-half pound sugar. Add yolks of four eggs and beat well. Then add the four whites beaten to a strong froth, then one-half pound warm, dry flour, three-quarters pound currants, one pound sultanas, six ounces almonds cut in strips, and one-quarter pound citron cut fine. Mix quickly and put into lined tin and bake in moderate oven about three hours.

Christmas Fruit Cake.

Stir a cupful and a half of butter with three cupfuls of brown sugar until light and creamy. Add half a grated nutmeg, a tablespoonful of powdered cinnamon, $\frac{1}{2}$ teaspoonful each of cloves and mace. Dissolve a level teaspoonful of soda in a half cupful of sour cream; stir until it stops purring, then add to it half a cupful of molasses, and add to the other ingredients. Mix well and put in six eggs, beating vigorously between each one. Confectioners and French chefs knead fruit cake with their hands, for it is too stiff to beat easily, especially when the fruit is added. Now stir in a wineglassful of grapejuice. Sift four cupfuls of flour, and add to the cake mixture, kneading it all the time. Have ready one pound seeded raisins, one pound washed and dried currants, a quarter of a pound of shredded citron and an eighth of a pound each of candied orange and lemon peel shredded fine. Sprinkle this fruit with two tablespoonfuls flour and mix well together before adding to the cake. Add and knead ten minutes longer, then put into two brick-shaped tins lined with butter paper. Place in a moderate oven and bake slowly for three or four hours, watching closely lest they bake too fast. If you cannot regulate the oven sufficiently with the dampers, set a dish of cold water in the oven, changing it as it gets hot. Cover the cakes with paper if they bake too fast on top. If you have to use a gas-range oven, it is safer to steam the loaves two hours first, like brown bread, then finish the baking in the oven with one burner only, and that but half turned on. Leave the cakes in the tins until cold.

See Jameson's Advertisement, Confectioner's Chocolate.

Rice.

Mrs. G. F. Corfield, Corfield, B. C.

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| 1 lb. ground rice. | 1 lb. white sugar. |
| 1 lb. butter. | 8 good-sized eggs. |
| A few drops of flavoring. | |

Mix the butter well into the rice and sugar, beat the eggs continuously, using the froth only to mix with. Bake in rather a slow oven.

White Cake.

Cream together a cupful of butter and two cupfuls of sugar; then beat in gradually half a cupful of water and the same quantity of milk. Sift a level tablespoonful of baking powder with three cupfuls and a half of sifted flour. Now mix alternately the flour and the whites of the eggs (beaten stiff) with the butter and sugar mixture. Flavor with almond or vanilla, and bake in loaves.

Xmas Plum.

Miss B. Duncan, Duncans, B. C.

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| 1 lb. butter. | 1 lb. raisins. |
| $\frac{1}{2}$ lb. mixed peel. | 1 quart flour. |
| 3 lbs. currants. | 1 lb. sugar. |
| 12 eggs. | $\frac{1}{2}$ oz. mixed spices. |

Beat the butter to a cream and stir into it the yolks of the twelve eggs beaten well with the sugar, then add the spice, flour, fruit and peel gradually.

This cake will appear very stiff, but it comes out right in the baking, which must be done very slowly.

Angel Food.

Miss Sutton.

Beat the whites of eleven eggs as stiff as possible, adding gradually at the last three-quarters pound of sugar (granulated). When that is all in add ten tablespoonfuls of flour that has been sifted many times after measuring and that has had one teaspoonful of cream-of-tartar sifted with it the last time; bake very slowly in a deep dish that has a hole in the centre. It must bake even more slowly than sponge cake. Don't forget flavoring.

Rich Fruit.

Mrs. H. A. S. Morley.

1 nutmeg.	½ lb. almonds.
½ lb. sultanas.	3 lbs. flour.
1 lb. dark brown sugar.	1 dozen eggs.
1½ lbs. currants.	2½ lbs. raisins.
1 lb. mixed peel.	1 gill of wine or brandy.
2 lbs. butter.	Mace and cloves to taste.

Makes fifteen pounds of cake, or three good-sized ones.

Fruit.

Mrs. Anderson, William Head.

1 wineglassful brandy.	2 lbs. currants
½ cupful molasses.	¼ lb. peanuts.
1 teaspoonful mace.	1¼ lbs. flour.
½ lb. mixed peel.	¾ lb. butter.
1 wineglassful wine.	½ lb. almond meat.
1 nutmeg.	10 eggs.
3 lbs. raisins.	1 lb. sugar.
1 teaspoonful soda.	1 tablespoonful cloves.
1 tablespoonful cinnamon.	

Mix butter and sugar well. Then add eggs. Next flour. Have raisins and currants flavored. Have peel soaked in brandy. Add soda dissolved in hot water. To brown the flour is an improvement. Bake four hours.

Malvern Rice.

Mrs. Longfield.

½ lb. sugar.	1½ lbs. ground rice.
2 eggs.	2 ounces butter or lard.
½ lb. flour.	1 teaspoonful baking powder.
½ gill of milk.	Flavoring if liked.

Bake in a shallow tin about ten minutes in a quick oven.

Marvin Cake.

3 eggs.	1½ cupfuls flour.
¼ lb. butter.	2-3 cupful sugar.
½ cupful milk.	Essence lemon.
1 teaspoonful each soda and cream-of-tartar.	

Fruit.

Mrs. Percival R. Brown.

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| 1 gill brandy. | $\frac{3}{4}$ lb. sugar (Demerara). |
| 1 lb. butter. | 1 lb. sultana raisins. |
| 1 lb. mixed peel. | 1 lb. muscatel raisins. |
| 12 eggs beaten together. | $1\frac{1}{2}$ lbs. jante currants. |
- The grated rind and juice of two oranges.
1 lb. almonds, blanched and shredded.

Mix thoroughly and bake in steady oven five hours.

White Fruit.

Mrs. Rykert.

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| 1 lb. seeded raisins. | Figs. |
| 1 cupful milk. | Blanched almonds. |
| $\frac{1}{4}$ lb. citron, fine. | Lemon extract. |
| $2\frac{1}{2}$ cupfuls flour. | 17 eggs, beaten separately. |
| 2 even teaspoonfuls baking powder. | |
| 1 cupful butter, 2 cupfuls sugar, cream together. | |
- Mix all thoroughly before mixing fruit.
Bake slowly two hours.

Velvet. (Good.)

Miss Alexa Russell.

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| 1 lb. sugar. | Nearly a cupful of water. |
| 5 eggs. | Fruit and spice if desired. |
| 1 lb. flour. | $\frac{1}{2}$ lb. butter. |
| 1 teaspoonful cream-of-tartar. | |
| $\frac{1}{2}$ teaspoonful soda. (Baking powder is not so good.) | |

Nut and Date Cake.

Mrs. McB. Smith.

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| 1 cupful butter. | 3 cupfuls flour. |
| $1\frac{1}{2}$ cupfuls brown sugar. | Pinch of salt. |
| 1 teaspoonful allspice. | $\frac{3}{4}$ lb. walnuts. |
| 3 eggs. | 2 lbs. dates. |
| $\frac{1}{2}$ cupful milk. | 1 tablespoonful brandy. |
| 1 teaspoonful cinnamon. | |
| 1 teaspoonful baking soda dissolved in 1 tablespoonful boiling water. | |

Seed.

Miss Florence H. Walbran.

Take one-half pound of butter, beat to a cream, add one-quarter pound fine sugar, break in four eggs, beat all well together. Stir in one-half pound flour sifted with a teaspoonful baking powder, add two teaspoonfuls caraway seeds, beat for a few minutes, put into a greased tin, and bake for one hour.

Victoria.

Miss Stuart.

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| 1 cupful butter. | 4 eggs. |
| 2 cupfuls sugar. | 1 cupful molasses. |
| 4 cupfuls flour. | 2 cupfuls raisins. |
| 1 cupful sour milk. | 2 cupfuls currants. |
| ¼ lb. citron and spice to taste. | 1 teaspoonful saleratus. |

Feather.

Mrs. (Dr.) Hasell.

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| 5 eggs. | ½ cupful butter. |
| 2 small cupfuls flour. | 1 teaspoonful baking powder. |
| 2 small cupfuls sugar. | 1 teaspoonful lemon flavor. |
| ½ cupful milk (slightly warm). | |

Beat butter and sugar together, add yolks of eggs, then whites, then milk. Add flour last. Stir well. Bake in moderate oven one hour.

Ice Cream.

Mrs. (Dr.) Hanington.

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| Whites of four eggs. | ½ cupful milk. |
| ½ cupful butter. | 2 cupfuls flour. |
| ½ teaspoonful soda. | 1 cupful sugar. |
| 1 teaspoonful cream-of-tartar. | |

Dissolve soda in milk, sift cream-of-tartar through flour, beat eggs till stiff. Bake in two thin cakes.

Icing: One coffeecupful sugar, half cupful boiling water. Boil till stringy. Add white of one egg well beaten and beat until cool. Flavor with vanilla, and color (if desired) with a few drops of cocheneal. Spread between and on top of cake.

Feather Filling.

Mrs. S. Moody.

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| $\frac{1}{2}$ cupful butter. | 1 cupful sugar. |
| 3 eggs. | 2 scant cupfuls of flour. |
| 2-3 cupful milk. | 2 teaspoonfuls baking powder. |

Cream, sugar and butter, add yolks well beaten, then milk, and lastly whites beaten stiff. Bake in three layers.

Filling.

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| $\frac{1}{2}$ cupful water (cold). | 4 tablespoonfuls flour. |
| $\frac{1}{2}$ cupful butter. | $\frac{1}{2}$ cupful chopped walnuts. |
| $\frac{1}{2}$ cupful chopped raisins. | 1 cupful of powdered sugar. |

Mix flour and water to make a thin batter. Put on stove and stir until a thick paste. Put aside to cool, cream sugar and butter, and add the paste a little at a time. Beat well. Add raisins and nuts and flour, with vanilla.

Cornflour.

Miss Florence H. Walbran.

Take two ounces butter, beat to a cream, add one-quarter pound fine sugar, break in two eggs. Beat all well together. Stir in lightly one-quarter pound cornflour and one tablespoonful common flour, one teaspoonful baking powder. Beat for five minutes. Put into a greased tin, and bake in a brisk oven for half an hour.

Nut.

Mrs. W. Gore.

- 1 cupful sugar.
 10 eggs.
 1 $\frac{1}{2}$ lbs. walnuts.
 The juice of half and rind of whole lemon.

Beat the yolks to stiff froth with one cupful sugar, then add the nuts (crushed in a mortar), then the lemon juice and grated rind. Beat the whites to a stiff froth. Mix all together, bake thirty to forty minutes.

The nuts should be weighed with shell on and cracked over night.

Muskoka.

Mrs. W. Broderick.

1-3 cupful of butter. $\frac{1}{4}$ cupful of milk.
 $\frac{1}{4}$ cupful of molasses $1\frac{1}{2}$ cupfuls of flour.
 $\frac{1}{2}$ cupful of sugar. $\frac{1}{2}$ cupful of walnuts.
 1 cupful of raisins. 2 teaspoonfuls baking powder.
 A little nutmeg and cinnamon.

Lincoln.

Mrs. Watson.

1 lb. butter. 6 eggs.
 1 lb. flour. 1 tablespoonful rosewater.
 1 lb. sugar. 2 cupfuls sour cream or milk.

1 teaspoonful soda dissolved in hot water and stirred into cream. Just before adding cream, butter and sugar, add yolks well beaten, then spice, flour, rosewater and a cupful each of mixed peel and blanched almonds, chopped fine; lastly the whites of the eggs well beaten.

Christmas Nut.

Miss Smith, Menzies Street.

Cream together two cupfuls sifted sugar and half a cupful butter. Add the yolks of three eggs, one cupful sweet milk, three cupfuls sifted flour and three teaspoonfuls baking powder. Fold in the beaten whites of three eggs, one cupful blanched and chopped almonds, flavoring to taste. Bake in small tins.

English Tea.

Mrs. George Powell.

$\frac{1}{2}$ lb. brown sugar. $\frac{1}{4}$ lb. candied peel.
 Pinch of salt. $\frac{1}{2}$ lb. butter.
 1 lb. currants. $\frac{1}{2}$ nutmeg, grated.
 1 lb. flour. Few drops lemon essence.

Rub well together with the hands: Three eggs, well beaten, 1 cupful of sweet milk slightly warmed, 1 tablespoonful baking soda dissolved in a little of the milk.

Beat well together with a wooden spoon. Will take two hours to bake.

Plain Currant.

Mrs. A. Weir, Metchosin, B. C.

Beat together three eggs and one cupful of milk with one cupful of sugar, and half a cupful of melted butter. Then sift in three cupfuls of flour containing two teaspoonfuls of baking powder. Mix all together and then add two cupfuls of currants. Bake in moderate oven.

For frosting: Boil together one cupful of granulated sugar and six teaspoonfuls of hot water until it "hairs" when dropped from spoon. Beat white of one egg to stiff froth and mix with sugar. Then beat together until nearly cold, and spread on cake with knife.

Raisin.

Miss Flo Lawson.

2-3 cupful of butter. 2-3 cupful of milk.

3 eggs. Pinch of salt.

$\frac{1}{2}$ cupful of sugar. Flavor to taste.

1 lb. of raisins.

3 cupfuls of flour, 3 tablespoonfuls of baking powder sifted together.

Cream butter and sugar together, add eggs and milk, then flour, baking powder, salt and flavoring lastly. Add the raisins mixed with one and one-half tablespoonfuls of flour. Bake in a moderate oven for three-quarters of an hour.

Raisin Filling.

Mrs. Reed.

One cupful of sugar and a little water boiled together till brittle when dropped in cold water. Take off the stove and add the white of an egg well beaten, and one cupful of raisins chopped very fine, and beat the whole till thick.

Currant.

Mrs. Fields, Metchosin.

2 cupfuls flour. $\frac{1}{2}$ cupful of milk.

$1\frac{1}{2}$ cupfuls of butter. $\frac{1}{2}$ cupful currants.

2 eggs. 2 teaspoonfuls baking powder.

1 cupful sugar. Bake quickly.

Washington.

Mrs. H. A. S. Morley.

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| 4 eggs. | 1 cupful sweet milk. |
| 1 cupful butter. | 2 cupfuls of sugar. |
| 3 cupfuls flour. | |

Beat the whites and yolks separately, one-half teaspoonful of soda and a teaspoonful of cream-of-tartar. Bake in round tins.

Peel and grate two large apples, add the rind and juice of a lemon, one cupful of sugar and one egg. Let it boil up in a stewpan, pour it out and when cool spread over cake.

Dolly Varden.

Mrs. Fields, Metchosin.

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| 2 cupfuls flour. | The whites of three eggs. |
| $\frac{1}{2}$ cupful milk. | 1 cupful powdered sugar. |
| $\frac{1}{2}$ cupful butter. | 1 teaspoonful baking powder. |

Cream the butter and sugar. Make frosting of the yolks. Flavor to taste.

Layer.

Mrs. T. N. Henderson.

Essence.

- 1 $\frac{1}{2}$ cupfuls of flour.
- 2 teaspoonfuls baking powder.
- 1 large tablespoonful butter.
- $\frac{3}{4}$ cupful of white sugar.
- 2 eggs (beaten separately).
- Make two layers.

Very Good Seed.

Mrs. H. A. S. Morley.

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| $\frac{3}{4}$ lb. sugar. | 6 eggs. |
| 1 lb. butter. | $\frac{3}{4}$ ounce caraway seeds. |
| 1 lb. flour. | 1 wineglassful brandy. |
- Pounded mace and grated nutmeg to taste.

Equally nice with sultana raisins or currants.
Bake from one and one-half hours to two hours.

Very Delicate Box.

Mrs. George Powell.

Cream thoroughly quarter cupful of butter and one-half cupful sugar. Add well-beaten yolks of two eggs. Beat again; one-half teaspoonful rose water, one teaspoonful vanilla and one drop almond, one cupful flour, one teaspoonful baking powder, three tablespoonfuls sweet milk; stir in whites and pinch of salt.

Plain. (Good.)

Mrs. P.'s, "The Lowlands."

1 cupful milk.	1 lb. sugar.
4 eggs.	$\frac{1}{2}$ lb. butter.
$1\frac{1}{2}$ lbs. flour.	
2 heaping teaspoonfuls of baking powder.	

Sift the baking powder well in the flour, cream the butter and sugar together, then add the well-beaten yolks of the eggs, then a little flour and milk alternately, lastly the well-beaten whites.

This makes a splendid foundation for all cakes.

Queen.

Mrs. Longfield.

8 ounces of flour.
8 ounces of butter.
6 ounces of sugar.

Beat all together; take two eggs, beat them well. Mix all together. Add a little lemon peel and a few currants.

Cornish.

Mrs. E. Price, Somenos, B. C.

$\frac{3}{4}$ lb. flour.	Pinch of salt.
$\frac{1}{2}$ lb. butter.	$\frac{1}{2}$ lb. currants.
2 tablespoonfuls brown sugar.	

Mix with milk or buttermilk, roll out and cook in large baking tins twenty minutes in a hot oven. Cut in squares or diamonds.

Cup.

Mrs. L. G. McQuade.

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| 2 eggs. | $\frac{1}{2}$ cupful of milk. |
| 1 cupful of sugar. | 1 tablespoonful of butter. |
| 2 cupfuls of flour. | $\frac{1}{2}$ tablespoonful of yeast. |
| $\frac{1}{2}$ cupful of currants. | |

English Soda.

Mrs. H. Fry, Chemainus.

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|--|--------------------------------|
| 1 lb. of brown sugar. | 1 $\frac{1}{4}$ lbs. of flour. |
| 1 lb. of currants. | 3 eggs, well beaten. |
| $\frac{1}{2}$ lb. of butter. | Spice and peel to taste. |
| $\frac{1}{2}$ pint of sweet milk (scant). | |
| 1 teaspoonful of soda dissolved in a little of the milk. | |

Beat the butter and sugar together, then add the eggs, milk, currants. Sift the flour and mix all together with a spoon.

Jelly.

Mrs. D. A. McTavish.

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| $\frac{1}{2}$ lb. butter. | 1 lb. flour. |
| 1 lb. sugar. | 6 eggs, whites beaten stiff. |
| 1 cupful milk. | 1 teaspoonful baking powder. |

Bake in jelly tins and put jelly between or bake in patty pans or a loaf.

Roll Jelly

Mrs. T. N. Henderson.

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|------------------------------|-----------------------------|
| 1 cupful sugar. | 1 cupful flour. |
| Essence. | 3 eggs (beaten separately). |
| 1 teaspoonful baking powder. | |

Turn out on a damp cloth, spread with jelly and roll.

Rolled Jelly.

Mrs. Stannard.

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| 4 ounces flour. | 2 tablespoonfuls milk. |
| 4 eggs, well beaten. | 6 ounces sugar. |
| 2 teaspoonfuls baking powder. | |

Rolled Jelly.

"Rocklands," Comiaken.

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| 1 cupful sugar. | 1 cupful flour. |
| 4 eggs. | Pinch of salt. |
| 1 dessertspoonful of milk. | |

Beat the yolks with the sugar, add flour (previously well sifted), then the whites well beaten to a stiff froth, add the milk last, if required. Mix as quickly as possible. Have a long baking pan ready well-buttered, turn out on a damp cloth, fill with jelly, jam, lemon paste, according to taste, and roll as quickly as possible.

Lemon Jelly.

Mrs. Wood.

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|-------------------------------|-------------------------------|
| 3 eggs. | $\frac{1}{2}$ cupful of milk. |
| $\frac{1}{2}$ cupfuls butter. | $2\frac{1}{2}$ cupfuls flour. |
| $1\frac{1}{2}$ cupfuls sugar. | Bake in layers. |
| 2 teaspoonfuls baking powder. | |

Filling: One cupful of sugar, one egg, grated rind and juice of one lemon, one tablespoonful of water and teaspoonful of flour. Boil until thick, cool and spread between layers.

Cocoanut Cones.

M. L. McMicking.

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|--|-------------------|
| 1 teaspoonful vanilla. | Whites of 2 eggs. |
| 2 cupfuls cocoanut. | 1 cupful sugar. |
| Beat whites stiff, gradually add sugar, then cocoanut. | |

Will make sixteen cones. Bake in moderate oven a delicate brown. Butter the pan.

Macaroons.

Mrs. James Gaudin.

To one pound of almonds allow the whites of four eggs, one-half pound sugar, one tablespoonful of vanilla or rose-water, one tablespoonful of corn flour. Chop the almonds, mix the sugar and essence, then add the eggs, beaten to a froth. Bake in a slow oven.

Rock Cake.

Mrs. Maitland-Dougall.

3 cupfuls flour. 1 teaspoonful cinnamon.
 1 cupful butter. 1½ cupfuls granulated sugar.
 3 eggs.
 2 cupfuls chopped raisins (seeded).
 2 cupfuls English walnuts (1 lb.) chopped a little.
 1 teaspoonful cloves (powdered).
 1 small teaspoonful soda dissolved in warm water or
 better in one-quarter cupful sour milk.

Mix and drop in pans and bake.

Cocoanut Cake.

Mrs. L. G. McQuade.

To the well-beaten yolks of six eggs add two cupfuls powdered white sugar, three-fourths cupful butter, one of sweet milk, three and one-half of flour, one level teaspoonful of soda, and two of cream-of-tartar, whites of four eggs well beaten. Bake in jelly pans.

For Icing: Grate one cocoanut, beat whites of two eggs and add one cupful powdered sugar. Mix thoroughly with the grated cocoanut, and spread evenly on the layers of cake when they are cold.

Walnut Cake.

Mrs. W. S. Gore.

1 cupful brown sugar.
 2 heaping tablespoonfuls flour.
 1 cupful chopped walnuts.
 2 eggs.

Beat eggs thoroughly, add sugar, then flour and nuts. Drop half teaspoonful in pan far apart.

Walnut.

Mrs. W. S. Gore.

1 cupful milk. 4 cupfuls flour.
 2 cupfuls sugar. 6 eggs.
 2 teaspoonfuls baking powder (heaping).
 Bake in layers.

Walnut Filling.

2 cupfuls brown sugar.
1 cupful cream.
Butter size of egg.

Cook twenty minutes, stirring constantly. When ready remove from stove, put in one cupful of walnut meats. After it has cooked a few minutes longer, spread between layers while both are hot.

Peanut Wafers.

Mrs. G. A. McTavish.

Cream together one-half cupful butter, one cupful sugar, add to it one-half cupful milk, in which a scant one-half teaspoonful of soda is dissolved. Stir in well two cupfuls of flour. Butter the bottom of a pan and spread the mixture on it quite thin. Shell and roll peanuts fine and sprinkle thickly on the batter and bake in a moderate oven. Cut into squares while hot and lay on a board to cool. Almonds may be substituted if desired.

Scotch Shortbread.

Mrs. Hayward, Glengarry Farm, Metchosin.

$\frac{1}{2}$ lb. butter.
 $\frac{1}{4}$ lb. sugar.
1 lb. flour.

Mix butter and sugar together well, spread flour on baking board, work flour in with butter and sugar, kneading well till all flour is in. Prick before baking.

Cake.

Yolks of 3 eggs.	1 cupful brown sugar.
1 teaspoonful soda.	$\frac{1}{2}$ cupful milk.
Vanilla.	2 cupfuls flour.
$\frac{1}{2}$ cupful butter (small).	

Sifted with flour, cream, butter and sugar. Add yolks of eggs whole, and beat until very light and creamy. Add the milk gradually, and the flour. Beat thoroughly and quickly, add the chocolate and flavoring, and bake in layers or sheet. Frost with chocolate frosting.

Difficult but very good.

Devil Cake.

Miss Alexa Russell.

First Part. $\frac{1}{2}$ cupful milk. $\frac{3}{4}$ cupful sugar.

1 egg.

1 cupful grated chocolate.

Mix together and boil. When cool add one teaspoonful vanilla.

Second Part. $\frac{1}{2}$ cupful butter $\frac{1}{2}$ cupful milk.

1 cupful sugar

2 cupfuls flour

2 eggs

1 teaspoonful soda.

Mix first and second parts together, and bake in layers. Put white icing between and on top.

Devil's Food.

Mrs. Tilton.

First Part.

1 cupful brown sugar.

2 or 3 cupfuls flour.

 $\frac{1}{2}$ cupful butter.

2 eggs.

 $\frac{1}{2}$ cupful sweet milk.

1 level teaspoonful soda.

Second Part. $\frac{1}{2}$ cupful sweet milk.

1 cupful brown sugar.

 $\frac{1}{2}$ cupful grated chocolate.

Put the above in a dish and stand in pan of hot water until dissolved. When cold add two teaspoonfuls vanilla, and mix with first part, which has been well mixed. Bake in square jelly tins, or in small drop-cake tins, and when cold fill with the following:

Filling. $\frac{1}{2}$ cupful sweet cream.

Stir well.

1 lb. powdered sugar.

1 teaspoonful vanilla.

We recommend JAMESON'S "FEATHER-LIGHT"
BAKING POWDER.

Devil Cake.

Miss J. Scott.

- 1 cupful brown sugar.
- 1 cupful granulated chocolate.
- $\frac{1}{2}$ cupful milk.

Put together in small saucepan, set over the teakettle and stir until perfectly dissolved, then set aside to cool. When cool stir into the cake.

Peanut Cookies.

Miss May Brown, Teacher Domestic Science, Public School.

- 2 tablespoonfuls butter.
- $\frac{1}{4}$ cupful sugar.
- $\frac{1}{2}$ cupful flour.
- 1 teaspoonful baking powder.
- $\frac{1}{2}$ teaspoonful lemon juice.
- $\frac{1}{2}$ cupful finely chopped peanuts.
- 1 egg.
- $\frac{1}{4}$ teaspoonful salt.
- 2 tablespoonfuls milk.

Cream the butter, add sugar, and egg well beaten, mix and sift baking powder, salt, and flour, add to first mixture, then add milk, peanuts, and lemon juice. Drop from a teaspoon on an unbuttered sheet one-inch apart, and place one-half peanut on top of each. Bake twelve minutes in a slow oven.

Walnut.

Mrs. Felds, Metchosin.

- 4 cupfuls of flour.
- 1 cupful of water.
- 1 cupful of nuts.
- Make a white icing.
- 3 eggs.
- 1 cupful butter.
- 2 cupfuls of sugar.
- 2 teaspoonfuls baking powder.

Plain Shortbread.

Mrs. John Brown, "Cherrybank."

- 1 lb. butter.
- $1\frac{3}{4}$ lbs. flour.
- 4 ounces rice flour.
- $\frac{1}{2}$ lb. sugar.

Work all together into a smooth dough, divide into the number of cakes required, pinch round the edge with forefinger and thumb and prickle on top. Paper a tin, put the cake on it, bake in a moderate oven.

Baked Roly Poly.

Mrs. Hayward, Glengarry Farm, Metchosin.

Cut a tablespoonful each of good beef dripping, lard and butter into a cupful of flour with a teaspoonful baking powder sifted in. Roll out. Spread with jam; press top and bottom together to keep jam in. Bake one-half hour in medium oven.

Scotch.

Rub three-quarters of a pound of butter into one pound of sifted flour. Mix into it one pound of granulated sugar and one large tablespoonful of powdered cinnamon. Mix into a dough with three well-beaten eggs, roll out into sheets, cut into round cakes and bake in a quick oven.

Scotch.

Mrs. A. M. Clark.

2 cupfuls flour.

Pinch salt.

$\frac{1}{2}$ cupful brown sugar.

1 cupful butter.

Mix the ingredients till they are like a ball of putty. Then roll half an inch thick and cut in two-inch squares.

Bake a light brown.

Scotch Shortbread.

Mrs. W. S. Gore.

1 lb. flour.

$\frac{1}{4}$ lb. sugar.

$\frac{1}{2}$ lb. butter.

Either white or brown sugar may be used. Put all together and rub between the hands until the mixture becomes a dough. Roll out and cut in squares.

Shortbread.

Mrs. D. MacRae.

1 lb. flour.

$\frac{1}{2}$ lb. butter.

$\frac{1}{4}$ lb. brown sugar.

Rub well all together until it forms a ball, roll out until it is the thickness of an inch, prick with a fork, and pinch the edge all around. Bake half an hour in a moderate oven.

Scotch Shortbread.

Miss Flo Lawson.

2 lbs. flour, well sifted.
1 lb. butter.
 $\frac{1}{2}$ lb. brown sugar.
Flavor with vanilla.

Cream butter, then butter and sugar together until very light, then slowly add flour. Mould into flat cake first with hands, then with rolling pin until about one-half inch in thickness. Cut in oblong pieces and pinch round the edge, then sprinkle some caraway comfits on top. Cook in moderate oven.

Lemon Cake.

Mrs. Rykert.

1 lb. sugar.	1 lb. butter stirred to a cream.
$\frac{1}{2}$ lb. lemon peel.	Yolks of 12 eggs, well beaten.
$\frac{1}{2}$ lb. figs.	$\frac{1}{2}$ lb. orange and citron peel.
1 lb. flour.	1 ounce almonds blanched and cut.

Add beaten whites. (No baking powder.)

Lemon Filling.

A. M. Clark.

1 cupful of sugar.	1 egg.
1 lemon.	1 teaspoonful of flour.
Butter size of walnut.	

Add the flour to the sugar, then add the lemons, lastly the egg well beaten. Steam over the kettle till it thickens.

Merangues.

Mrs. D. A. McTavish.

Two ounces granulated sugar to the white of one egg. Beat the white of egg to a stiff froth, then stir in carefully the sugar. Have some strips of paper on an iron pan or shelf is best. Drop a spoonful of egg for each merangue. Put at once in the oven, not too hot. As soon as light and slightly brown, open the oven door. When hard enough to handle take off the paper and turn bottom up to dry in the oven.

Lemon Cakes.

Mrs. A. J. Morley.

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| $\frac{1}{2}$ cupful butter. | 3 eggs. |
| 1 cupful white sugar. | 1 teaspoonful soda. |
| 2 cupfuls molasses. | 1 quart flour. |
| 1 cupful sour milk. | The grated peel of a lemon. |
- Bake in little tins.

Parkin.

Mrs. Longfield.

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| 4 lbs. of oatmeal. | 4 teaspoonfuls baking powder. |
| 1 lb. of flour. | 18 ounces of butter. |
| $1\frac{1}{2}$ lbs. sugar. | 2 ounces of ginger. |
| 3 to $3\frac{1}{2}$ lbs. treacle. | 1 cupful of cream. |

Golden.

Mrs. Fields, Metchosin.

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| $\frac{3}{4}$ cupful of butter. | $\frac{1}{2}$ cupful of sweet milk. |
| $1\frac{1}{2}$ cupfuls of flour. | Yolks of 8 eggs. |
| 1 cupful of sugar. | |
| 2 heaping teaspoonfuls of baking powder. | |

Good General.

Mrs. F. Page.

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| $1\frac{1}{4}$ lbs. flour. | $\frac{1}{4}$ teaspoonful nutmeg and ginger. |
| $\frac{1}{4}$ lb. dripping. | $\frac{1}{2}$ lb. granulated sugar. |
| $\frac{1}{4}$ lb. butter. | 2 eggs well beaten. |
| 1 lb. currants. | 1 pint milk. |

Mix well, then add small teaspoonful carbonate soda.
Moderate oven.

Pound.

Mrs. W. S. Gore.

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| 1 cupful sugar. | 3 cupfuls flour. |
| Vanilla. | 5 eggs. |
| 1 cupful butter. | |
| 2 heaping teaspoonfuls yeast powder. | |
- Stir a long time and bake slowly.

Creole Kisses.

Mrs. Maitland-Dougall.

Whites of 6 eggs.

1 lb. powdered sugar.

1 teaspoonful vanilla.

Beat eggs and sugar from one-half to three-quarters of an hour, till very stiff, add the meats of one pound of pecan nuts and only stir enough to mix. Drop in ungreased paper and bake in slow oven till a delicate brown.

Strawberry Cream.

Mrs. Wood.

 $\frac{1}{2}$ cupful sweet milk. 3 tablespoonfuls melted butter. $1\frac{1}{2}$ cupfuls of flour. $1\frac{1}{2}$ teaspoonfuls baking powder.

1 cupful of sugar. 2 eggs.

Cream: One-half cupful thick sweet cream. Beat till stiff, add two tablespoonfuls sugar, one cupful of berries, well sweetened. Add to cream and spread between layers.

Pineapple.

Mrs. Wood.

Whites of 6 eggs.

 $\frac{1}{2}$ cupful of butter. $1\frac{1}{2}$ cupfuls of sugar.

1 cupful of milk.

 $2\frac{1}{2}$ cupfuls of flour.

2 teaspoonfuls of baking powder.

Filling: Whites of three eggs, one cupful of powdered sugar, one can of grated pineapple. (Spread.)

Banana.

Mrs. Henry Helgeson, Metchosin.

1 cupful sugar.

2 teaspoonfuls baking powder.

 $\frac{1}{2}$ cupful butter.

2 cupfuls flour.

 $\frac{1}{2}$ cupful milk.

4 eggs.

Rub butter and sugar together, add beaten eggs, mix and then beat in flour with baking powder sifted in gradually.

This makes large cake of three layers.

Put whipped cream and sliced bananas between layers and on top of cake.

Deacon Cookies.

Miss Wilson, Quebec Street.

- 3 eggs.
- 1 cupful sugar.
- 1 cupful lard or butter.
- 2 teaspoonfuls of baking powder.

Add enough flour to make a soft dough, add flavoring to taste, roll thin, and sprinkle with sugar, then cut out and bake in a quick oven.

Jersey Lily.

Miss Wilson.

- 1 cupful sugar.
- 2 cupfuls flour.
- Whites of 4 eggs beaten to a stiff froth.
- $\frac{1}{2}$ cupful butter beaten to a cream.
- $\frac{1}{2}$ cupful sweet milk.
- 2 teaspoonfuls baking powder.
- 1 cupful chopped raisins and walnuts.

Doughnuts.

Mrs. W. S. Gore.

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| 1 teaspoonful salt. | 1 tablespoonful melted lard. |
| 1 teaspoonful nutmeg. | 2 eggs. |
| 1 cupful sour milk. | 1 cupful sugar. |
| Grated rind lemon. | 1 teaspoonful soda. |

Let stand fifteen minutes before rolling out.

Doughnuts.

Mrs. H. A. S. Morley.

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| 1 cupful sugar. | 2 eggs. |
| Butter the size of a walnut. | 1 cupful of milk. |
| 2 teaspoonfuls of baking powder. | |

Flour enough to roll out, cut with biscuit cutter and fry in boiling lard.

Doughnuts.

Mrs. Percival R. Brown.

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| 1 $\frac{1}{2}$ pints of flour. | $\frac{1}{2}$ cupful of butter. |
| 1 cupful sugar. | $\frac{1}{2}$ cupful milk. |
| 2 teaspoonfuls of baking powder. | |

Black Chocolate.

Mrs. Macnaughton-Jones.

2½ cupfuls flour. 2 cupfuls sugar.
 1 cupful milk. 1 cupful butter.
 Whites of 2 eggs, beaten till creamy.
 2 eggs beaten separately.
 ½ teaspoonful baking powder.
 ½ teaspoonful vanilla.
 ¼ lb. Baker's unsweetened chocolate.

Dissolve chocolate in one-half cupful of boiling water and cool before stirring with cake. Add before milk, whites, flour.

Filling: Two cupfuls sugar, one cupful water, one-half cupful grated chocolate, one tablespoonful butter. Cook till very stiff, then pour on beaten.

Bachelor Buttons.

Mrs. D. MacRae.

2 eggs. 2 teaspoonfuls baking powder.
 1½ cupfuls sugar. Flour enough to stiffen.
 ¾ cupful butter. Essence vanilla.

Put a teaspoonful of the mixture in a pan an inch apart. The mixture requires to be quite stiff. Bake a light brown.

Cookies.

Mrs. C. E. Lang.

2 eggs. 2 tablespoonfuls lard.
 1 cupful white sugar. 2 tablespoonfuls milk.
 2 tablespoonfuls butter. 3 cupfuls flour.
 1 teaspoonful baking powder.
 Flavor with lemon.

Rolléd Oats Cookies.

1 egg. 1¼ cupfuls B. & K. rolled oats.
 ½ cupful flour. 1 teaspoonful baking powder.
 ¼ cupful butter. ½ cupful brown sugar.

Flavor with spices, cocoanut, nuts or raisins to taste. Drop onto pan from a teaspoon. (Nice and crisp.)

Pound.

Mrs. H. Fry, Chemainus.

1 $\frac{1}{4}$ lbs. flour.	1 lb. of butter.
6 eggs.	1 lb. of sugar.

Beat butter and sugar to a cream, then add eggs, mix with flour one teaspoonful of yeast powder and last a teaspoonful of water. A few currants and peel are an improvement.

Time to bake, one hour.

Chocolate (Excellent).

Mrs. W. S. Gore.

2 pieces chocolate.	$\frac{1}{2}$ cupful chopped almonds.
$\frac{1}{2}$ cupful sugar.	1 teaspoonful baking powder.
1 $\frac{1}{2}$ cupfuls flour.	1 tablespoonful brandy.

Whites of two eggs beaten to stiff froth.

Stir half an hour.

Drop from spoon on pan lined with buttered paper.

Chocolate.

Mrs. Wood.

2 cupfuls sugar.	3 cupfuls flour.
1 cupful butter.	3 eggs.
$\frac{1}{2}$ cupful milk.	Vanilla.
1 teaspoonful baking powder.	

Filling: Boil two ounces of chocolate, one cupful of sugar, one-half cupful milk, one teaspoonful vanilla. Boil until thick. Let cool and spread.

Chocolate Cookies.

Mrs. C. C. Michener.

2 cupfuls sugar.	1 teaspoonful cinnamon.
1 cupful butter.	2 eggs.
4 ounces of chocolate, melted.	
$\frac{1}{2}$ teaspoonful of soda in $\frac{1}{2}$ cupful of milk.	

Cream sugar and butter, add cinnamon and chocolate, then milk with soda, then eggs, and enough flour to roll out. Cut in shapes and bake in moderate oven ten minutes.

Oatmeal Cookies.

Mrs. Gould.

$\frac{3}{4}$ cupful milk. 1 large half cupful butter and lard.
 1 teaspoonful salt. 1 cupful sugar.
 1 teaspoonful soda. 1 egg.
 2 teaspoonfuls cream-of-tartar or 2 large teaspoonfuls
 baking powder.

Melt butter and lard and stir with sugar and eggs. Add milk, sift cream-of-tartar and soda twice with the flour. Use one-third flour and two-thirds fine oatmeal. Roll thin and bake quickly.

Cookies.

Mrs. Wood.

1 teaspoonful soda.	Flour to roll out.
$1\frac{1}{2}$ cupfuls sugar.	1 cupful butter.
1 cupful chopped raisins.	3 eggs.
3 tablespoonfuls sour milk.	
1 teaspoonful each cinnamon and nutmeg.	

B. and K. Rolled Oats Cookies.

Mrs. Charles Rhodes.

2 eggs.
 $\frac{1}{2}$ teaspoonful salt.
 1 teaspoonful baking powder.
 1 teaspoonful essence of almond.
 1 cupful white sugar.
 1 tablespoonful butter.
 2 large breakfastcupfuls rolled oats.

White House Cookies.

Miss Lawson.

3 eggs (yolks).	1 cupful sugar.
2 teaspoonfuls vanilla.	2 teaspoonfuls baking powder.
1 cupful butter.	2 tablespoonfuls sweet cream.

Flour enough to have the dough roll well. Reserve the whites until the mixture is ready to be rolled, then beat them stiff, and brush over the dough, sifting powdered sugar over afterwards. Cut out, and bake in a fairly hot oven.

Cookies, Without Eggs.

Mrs. Hutchins.

1½ teaspoonfuls of soda.

½ lb. of shortening.

1 teacupful of sour milk or buttermilk.

3 teacupfuls of brown sugar.

Flour sufficient to roll out, or make thick enough for drop buns.

Nice to keep in crock for little ones.

Oatmeal Biscuits.

Mrs. Milner Watson.

6 ounces sugar.

2 eggs if large, 3 if small.

1 lb. flour.

½ pound oatmeal.

½ teaspoonful soda.

6 ounces butter.

Sift the oatmeal to have it as coarse as possible, leaving a good half pound of the coarse.

Note: Just moisten soda with milk, melt butter and mix all with it, then beat eggs and soda. Roll out thin and cut in rounds with biscuit cutter.

Brandy Snaps.

Mrs. Jenkenson.

Heat one-half cupful molasses and one-third cupful butter to a boiling point, when butter is melted, add gradually one cupful flour, mixed and sifted with two-thirds cupful sugar and scant tablespoonful ginger and one teaspoonful vinegar or lemon juice, drop small portions on dripping pan; bake in slow oven; roll on stick when done.

Rock Biscuits.

Mrs. D. MacRae.

½ lb. flour of rice.

3 oz. almonds.

¼ lb. sugar.

1 egg.

¼ lb. butter.

Blanch and mince the almonds, mix sufficiently stiff to lift with a fork, if egg is small, it may require a little milk. Drop on buttered pan an inch apart.

Simple and Good Christmas Cookies.

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| 2 cupfuls of flour. | 1 cupful of butter. |
| 2 cupfuls of rice flour. | 1 egg. |
| 2 tablespoonfuls of cream. | |
| 5 heaping tablespoonfuls of sugar. | |

Beat the butter and sugar in a basin till creamy, mix in the egg and cream, then gradually stir in the flour and rice flour. Turn out on a baking-board and knead till smooth. Roll out, cut with biscuit-cutters, lay them on buttered tins and bake for ten minutes in a moderate oven.

Molasses Cookies.

Mrs. D. MacRae.

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| 1 cupful butter. | 1 cupful molasses. |
| 1 cupful sugar. | Thicken with flour. |
| 2 tablespoonfuls vinegar. | |
| 1 teaspoonful soda, ginger and cinnamon. | |
- Mix and roll out. Bake in a moderate oven.

Drop Cookies with Sour Cream.

Use half a cupful of butter, one cupful of sugar, one egg, beaten light, half a cupful of sour cream, one-fourth teaspoonful of soda, two and one-half cupfuls of flour and three and one-half level teaspoonfuls of baking powder. Mix in the usual manner, stirring the soda into the cream. Mix the whole together very thoroughly; the mixture will be quite stiff. Drop from a spoon upon buttered tins, shaping each portion into a smooth round. Dredge with granulated sugar. Bake in a moderate oven.

Drop Cakes.

Mrs. C.

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| $\frac{1}{2}$ cupful butter, 1 cupful sugar, mixed. |
| 1 $\frac{1}{2}$ cupfuls flour. |
| 1-3 cupful raisins, 1-3 cupful currants, 1-3 cupful wal- |
| nuts, chopped. |
| Cinnamon. |
| 1 egg. |
| $\frac{1}{2}$ teaspoonful baking powder. |

Crullers.

Mrs. Henry Hannington.

- 1½ cupfuls sugar. 3 eggs.
1 cupful milk. Butter size of an egg.
2 teaspoonfuls of baking powder.

Flavor with essence of lemon or cinnamon if preferred.
Flour enough to make a very soft dough and fry in lard or clarified dripping.

Sour milk used instead of milk, with very small teaspoonful of soda, and leave out butter, makes them most delicious.

Cocoanut Cookies.

Mrs. Frank Bone.

- 1 cupful of white sugar. 3 eggs.
1 cupful of butter. 1 cupful of cocoanut.
3 tablespoonfuls of baking powder.

Flour enough to roll nicely. Delicious.

ICINGS

Icing.

Mrs. D. A. McTavish.

One-quarter pound sugar to the white of one egg. Confectioners' sugar is best, but granulated will do. Put the sugar at one end of the dish, beat in gradually with a flat whisk until thick; if too thick to spread smoothly add a little cold water, about a teaspoonful to an egg.

Royal.

M. L. McMicking.

- 2½ cupfuls pulverized sugar.
2 whites of egg.
2 teaspoonfuls lemon juice.

Beat the whites slightly, add sugar by degrees, beat one hour to make smooth.

Almond.

Mrs. Brady.

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| 1 lb. powdered sugar. | Whites of 4 eggs. |
| A little rosewater. | 1 lb. sweet almonds. |

Blanch the almonds by pouring boiling water over them and taking off the skins. When dry pound them in a wedgewood mortar, moistening it with rosewater as you go on. When beaten fine and smooth, beat gradually into icing. Put on very thick and when dry cover with plain icing.

Almond.

Mrs Anderson, William Head.

- 1 lb. blanched almonds pounded to a paste.
 Yolks of 5 eggs.
 Juice of 1 lemon.

Flavor with rosewater. Make very stiff with fruit sugar and spread on cake.

Almond.

Mrs. R. B. McMicking.

- 1 lb. almond, pounded to a paste.
 1 teaspoonful orange flower water.
 1 teaspoonful essence almonds.
 1 teaspoonful essence vanilla.
 Whites of 2 eggs.
 1 lb. icing sugar.

Blanch and dry almonds, pound or put through mincing machine, mix smooth and add whites of egg. When spreading on cake, have a cupful of hot water near, in which to dip the knife often. Cover over with "Fondant," if for a flat cake and use pipings of Royal icing.

Chocolate Icing.

Mrs. Frank S. Bone.

- 1 cupful of white sugar.
 1 teaspoonful of chocolate or cocoa.
 1-3 cupful of milk.

Boil all together six minutes, then add a tablespoonful of butter and boil six minutes longer. Add one teaspoonful of vanilla, beat to a cream and spread on cake.

Almond.

Mrs. Charles Rhodes.

The juice of 1 lemon. 2 lbs. almonds.
 White of 1 egg. 3 lbs. white powdered sugar.

Blanch almonds and soak in cold water over night. Run through a mincer, then pound and mix gradually with the sugar, lemon and egg, two teaspoonfuls almond and one teaspoonful lemon essence. Let stand on cake three days before icing.

Orange Icing.

Rind and juice of 1 orange, juice of $\frac{1}{2}$ lemon, confectioners' sugar to make a thick icing.

Boiled Icing.

Put two pounds of lump sugar into a clean saucepan, add one tablespoonful of lemon juice and two cupfuls of boiling water. Boil fast, skimming it well till the syrup forms a thread when dropped from the spoon. It will take about fifteen minutes. Beat up the whites of three eggs until stiff, then add the syrup in a thin stream, beating all the time with a beater or the back of a spoon. When it will coat the back of the spoon like sauce, pour it over the cake.

Boiled Icing.

1 cupful granulated sugar. White of 1 egg.
 $\frac{1}{2}$ cupful water, 1 teaspoonful flavoring.
 $\frac{1}{4}$ teaspoonful cream-of-tartar.

Mix the sugar, water, and cream-of-tartar (which is used to prevent the sugar from granulating) together and boil until the syrup when dropped from a spoon into a cupful of icewater will form a soft ball when rolled between the fingers. Have the white of egg beaten stiff and add the hot syrup to it very slowly, and beat constantly until stiff enough to spread on the cake. Three tablespoonfuls of melted chocolate added makes an excellent chocolate icing. This boiled icing is especially good for an angel cake, and will be good flavored with either vanilla, almond, or orange extract.

FRUITS, PRESERVES AND JELLIES

"Will't please your honor, taste of these conserves."

—Shakespeare.

Canned Pears.

Mrs. D. A. McTavish.

One-half pound sugar to one quart water. Boil ten minutes, add lemon juice if liked. Peel the pears, cut in quarters if small, large ones in more pieces, take out the cores. Put in Mason jars and cover with the syrup. Put on the covers without the rubber rings. Then put them into a kettle with enough water to come nearly to the top of the jars. Boil twenty minutes. If pears are not quite ripe boil longer. Take out the jars, put on the rubbers and seal tight.

Marmalade. (Never fails.)

Mrs. Jenkenson.

8 lbs. sugar.	4 lemons.
1 doz. oranges.	1 grapefruit.
1 gal. water	

Slice oranges and lemons very thin, add them to water and soak 36 hours, then boil two hours, then add heated sugar and boil one hour longer.

Pineapple-Apricot Preserve.

Mrs. Erb.

12 lbs. apricots.
5 lbs. pineapple.
9 lbs. sugar.

Cut pineapple and apricots very fine. Boil apricots and pineapple for one hour, then add sugar. Boil fifteen minutes longer.

Should be kept in air-tight jars.

Marmalade.

Mrs. Henry Hannington.

1 doz. oranges.

4 lemons.

Slice very thin, soak the fruit in nine pints of water 36 hours, boil two hours, then add 9 lbs. of sugar and boil three-quarters of an hour.

Marmalade.

Mrs. Hutchins.

Oranges or lemons may be used. Take six oranges or lemons and boil until quite tender; take out pips and slice the peel; stew six apples (cut in quarters not peeled or cored), until they will pass through a sieve, then mix the whole together, weigh and add the same weight of sugar, then boil the whole for three-quarters of an hour.

Children, especially the boys, "revel" in it. We like the lemons best.

WE DESIGN AND MAKE

Artistic Electrical Fixtures

TUSON & COMPANY

725 YATES STREET

WHEN YOU REQUIRE ELECTRICAL WORK DONE

'PHONE 2283

Apricot and Orange Jam.

Mrs. Erb.

- 1 lb. oranges.
- 4 lbs. apricots.
- 1 lb. sugar to each lb. of fruit.

Cook three-quarters of an hour.

Grapefruit Marmalade.

Mrs. John Harper.

10 grapefruit.

Cut them thoroughly, remove pips, and allow them to soak for 12 hours in 30 pints of water, then boil without sugar till tender (about 2 hours), then leave 24 hours, and to every pound of mixture add one pound of granulated sugar, boil till it jellies.

Rhubarb Jam.

Mrs. L. G. McQuade.

To seven pounds of rhubarb add five pounds of sugar, the juice and peel of three oranges. Boil one hour and a half.

Orange Marmalade.

Mrs. D. A. McTavish.

Equal weights grapefruit and navel oranges, three pints cold water to every pound. Cut the fruit in quarters and take out all the seeds. Then cut the fruit in very thin chips. Put them in the water and fruit together, and to each pound add a pound of white sugar. Boil together for twenty minutes or half an hour. A little salt when you cut the oranges and soak them.

Crab Apple Jelly.

Mrs. D. A. McTavish.

One pint water to one pound apples; boil until soft but not to mash them. Strain through a cloth, then a jelly bag. One pound sugar to one pint strained juice.

Boil ten minutes, heat the sugar in the oven and add to the juice and boil five or ten minutes, until it jellies.

Orange Marmalade.

Mrs. (Dr.) Hanington.

3 lemons.
6 oranges.

Slice the peel very thin, remove the thick white rind and pips, soak pulp and peel for twenty-four hours in four quarts of cold water, then simmer gently in uncovered kettle for four hours. Add six pounds sugar and boil for one and one-quarter hours, or until it thickens when cooled. After removing from the fire add the juice of one lemon.

This quantity should make ten pounds.

Apple Jelly.

Use red apples, cover with water, and cook until very soft, drain juice over night, three cupfuls of juice to two and one-half cupfuls of sugar, juice of one lemon, boil all together 20 minutes before adding sugar (heated in the oven). Boil five or ten minutes, skim well, pour into glasses.

Blackberry Jelly.

Mrs. D. A. McTavish.

One pound cultivated blackberries, one-half pint water. Boil till soft, strain through a cloth, squeezing them well. One pound sugar to one pint juice; boil the juice about ten minutes; have the sugar hot in the oven, then stir it in and boil till it jellies, about ten minutes.

Try some on a saucer.

Marmalade.

Mrs. I. W. Powell.

This will be found a very simple and satisfactory recipe: Take one dozen navel oranges, half a dozen lemons, cut in halves, take out thick white centre. Slice as thin as possible with very sharp knife. Put into preserving kettle with eight quarts of cold water. Leave all night. Next morning boil five hours, skimming when necessary. Half an hour before taking off fire put in nineteen pounds of sugar (the white granulated). Stir in a little at a time so that the mixture is not put off the boiling process.

Quince Jelly.

Mrs. F. B. Kitto.

Boil quinces in water till quite soft. Take out and strain, then allow three-quarters pound loaf sugar to each pint of juice, and boil three-quarters of an hour.

Quince Marmalade.

Mrs. F. B. Kitto.

Peel the quince and take out all the hard parts. Stand over the fire with enough water to float them. Simmer till soft, then take out and weigh, and to each pound of pulp allow three-quarters pound of loaf sugar. Stand them over the fire again and boil for three-quarters of an hour.

Another rather nice way is to boil apple rinds in water and put them in the quince. This gives a nice flavor.

Quince Marmalade.

Mrs. Kitto.

Pare, core and cut into small pieces the quinces. Put on fire with enough water to well cover the fruit and simmer until soft. Add one pound of sugar to a pound of fruit, and boil for a long time, until the fruit is tender. The quinces should be a deep red color, and when cold the syrup should be almost a jelly.

Apple Jelly.

Cut the apples into quarters, removing any blemishes, but do not peel. Put in the preserving-pan, with several stalks of rhubarb cut into two-inch lengths. To every pound of apples put one cupful of water or, better still, rhubarb juice as above suggested. Let all simmer for twenty minutes or till apples are pulpy. Strain through a jelly bag without pressure, otherwise the jelly will not be clear. To every pint of juice allow one pound of sugar. Boil all together for three-quarters of an hour, stirring well and removing all scum. When of the desired consistency put in jelly tumblers and seal. The addition of lemon rind boiled with the apples is liked by many, and lemon juice may also be added just before the jelly is ready for the glasses.

Marmalade.

Mrs. Macnaughton-Jones.

6 grapefruit.

6 oranges.

4 lemons.

Cut very fine; to every cupful of fruit add two cupfuls of water, let it stand for twenty-four hours, boil three hours, stand again over night. Next day, to every pound of fruit add one pound of sugar. Boil very quickly for nearly one hour.

Mountain Ash or Rowan Berry Jelly.

To every pound of the ripe berries allow a cupful of water. Put in a preserving-kettle and simmer gently, crushing the berries with a wooden spoon till the juice is fully liberated. Turn into a jelly-bag and let the juice drip slowly without pressure from the hands.

Allow one pound of sugar to each pint of juice, stir well, and boil for almost an hour or until it jellies.

Currant Jelly.

M. L. McMicking.

This is a staple article, and a great deal of worry and much disappointment has been the lot of certain very careful housekeepers who have tried to make it. But all this may be obviated by observing the following rule. Jelly made by it never fails, is not so unpleasantly sweet as the old-fashioned jellies, and requires less than quarter the time for its preparation: First, have the currants picked while they are a little less than ripe, and a few green ones will be an advantage to the jelly. Indeed, green currant jelly is a delicious preparation by itself. Do not gather the fruit directly after a rain. Do not wash the berries or remove them from their stems, but pick away the leaves and any substance that may cling to them. Weigh them, and to each pound of the uncooked fruit and stems allow one pound of granulated or loaf sugar. Place the sugar in pans, and set it in an open oven to dry and become hot but not brown. To secure a little liquid as a commencement, place a few currants in a porcelain-lined or enamelled kettle and crush them with a potato masher.

Then add the other currants, cover them and permit them to boil. After the boiling has fully commenced continue the cooking uninterruptedly twenty minutes. Remove from the fire and pour the liquid through a jelly-bag (made either of a three-cornered piece of flannel or thick cotton) into an earthenware dish. Do not use a tin dish, as it will change the color of the liquid. Turn the juice back into the washed kettle, and after it has boiled up a minute and been skimmed, add the hot sugar; the moment this is completely dissolved pour from the kettle into the glasses and the process is completed. The following day cover the jelly with bits of paper that have been cut to fit the glasses and dipped in brandy or alcohol. Unless the glass has a fitted metal cover, paste a thick paper over it.

PICKLES AND SAUCES

Green Tomato Pickle.

Mrs. E. B. Marvin.

Twelve pounds of tomatoes cut in slices, also add six good sized onions, both to be placed in a jar of cold water, adding a tablespoonful of salt, to be left in this water over night, one gallon cider vinegar, one tablespoonful cloves, one tablespoonful cinnamon, one-half nutmeg. Tie in a cloth.

Make a syrup of the vinegar with four pounds of brown sugar. Add spices. Let all boil thirty minutes. Remove the tomatoes and onions from the water and let drain. Add them to the boiling syrup. Cook slowly until tender. Fill your jars and pour the syrup on scalding hot.

Pickled Walnuts.

Miss Harvey, "Stonyhurst."

Lay them in strong salted water a fortnight. Change the water three times. Take them out and let them remain till quite dry and black. (Perhaps they may lie a week.) Then boil vinegar and cloves, whole pepper and bruised ginger. When cold pour on the walnuts which have been previously put in a jar.

Plum Chutney.

Mrs. McCoy.

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| 5 lbs. ripe, red plums. | 2 heads garlic. |
| 1 lb. large onions, sliced. | 2½ lbs. sugar. |
| 1 large tablespoonful salt. | ¼ lb. mixed spices. |
| ½ lb. green ginger. | 1½ pints vinegar. |
| 1½ lbs. good apples, chopped fine. | |

Boil all together slowly for one hour. Everything must be thoroughly cooked. Stir often, as it easily burns.

Chutney.

Mrs. Tilton.

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| 5 large onions. | 5 or 6 old or green peppers. |
| 1 garlic. | 1 large cupful stoned raisins. |
| ½ lb. brown sugar. | 1 tablespoonful mustard seed. |
| 1-3 lb. salt. | ¼ lb. ground ginger. |
| ½ lb. sour apples sliced. | |

Dried apricots, soaked in one quart vinegar until soft.
1 tablespoonful ground carriander seed.

Mix dry ingredients, thoroughly bruising them. Boil all in two quarts vinegar until it cooks clear. Add more sugar or vinegar if too dry. Cool and seal in stone jar for thirty days before using.

This is very good indeed.

Tomato Chutney Sauce (Excellent).

Mrs. Prevost.

Bake ripe red tomatoes in a pan until the liquor runs from them. Pour that away and then put the pulp through a fine sieve. To every pound of tomato add one and one-half pounds of chopped apples, one-half pound coarse brown sugar, one-half ounce chopped shalot, one-half ounce chopped garlic, one-quarter ounce white pepper, one-half pint good vinegar, one-half ounce salt, a small spoonful of cayenne. Mix all well and boil slowly for three-quarters of an hour, stirring constantly, then add the juice of one lemon to every pound of tomato pulp, and boil another one-quarter of an hour.

Boil immediately or the color will be spoiled.

Chillie Sauce.

Mrs. R. B. McMicking.

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| 8 lbs. tomatoes. | 1 teaspoonful celery seed. |
| 5 large red peppers. | 3 cupfuls vinegar. |
| 3 large onions. | 3 cupfuls sugar. |
| $\frac{1}{2}$ cupful salt. | |
| 1 tablespoonful cloves, allspice, mace, cinnamon. | |

Peel tomatoes, chop onions and red peppers. Boil three hours.

Green Tomato Pickle.

Mrs. Edgson, Duncans.

Slice two gallons of green tomatoes. Slice one gallon of onions. Put in a granite pan in layers, using quarter of a pound of salt. Strain from liquor in the morning and add to the tomato and onions half a gallon of vinegar, one pound brown sugar, two tablespoonfuls of pepper and mustard, one tablespoonful each of ground cloves and allspice. Simmer until quite tender. Put in crock for use.

Perrin's Sauce.

Mrs. Lucas.

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| 2 pints vinegar. | 2 teaspoonfuls cayenne. |
| 2 pints water. | 1 handful bruised shallots. |
| Juice of 4 lemons. | 4 blades mace. |
| $\frac{1}{2}$ lb. golden syrup. | 4 tablespoonfuls salt. |
| 4 ounces crushed garlic. | 4 sprays of mint. |
| 1 lb. of Indian or China soy. | |

Boil for twenty minutes. Strain, and when cool, bottle.

Green Tomato Pickle.

Mrs. W. H. Bone.

Slice fifteen pounds green tomatoes into a jar. Sprinkle a little salt over each layer, let them stand twenty-four hours, drain off the liquor, put the tomatoes into a kettle with a teaspoonful of each of the following spices: Ground ginger, allspice, cloves, mace, cinnamon, a teacupful of grated horseradish, twelve small or three large red peppers, six onions, two cupfuls of brown sugar. Cover all with good vinegar and boil slowly for three hours.

Chutney.

Mrs. Jenkenson.

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| 4 lbs. apples. | 1½ lbs. brown sugar. |
| 1 lb. prunes. | ½ lb. green ginger, cut fine. |
| 1 lb. raisins. | 1 pint vinegar. |
| 1 lb. apricots (dried). | 2 ounces garlic. |
| ¼ oz. cayenne or two green peppers. | |

Stew apples first, then add other ingredients and boil until quite thick and brown.

Green Tomato Pickle.

Mrs. McB. Smith.

Slice twelve pounds of green tomatoes and cover with salt and water, let stand over night, strain and chop, cover with vinegar and boil ten minutes, then strain, and add one pound of green peppers, nine good-sized onions chopped, one-quarter pound mustard seed, two teaspoonfuls celery seed, one tablespoonful allspice, one of cloves, two tablespoonfuls black pepper, one teaspoonful brown sugar. Cover with vinegar and stew gently till tender.

Mustard Pickles.

Mrs. Lucas.

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| 1 ounce turmeric. | 1 ounce whole allspice. |
| 3 quarts vinegar. | 2 ounces chillie pepper or less. |
| 2 ounces bruised ginger. | 1 lb. mustard. |

Boil for fifteen minutes. The mustard turmeric should be mixed with a little cold vinegar. When done pour over cucumber, onions, beans or any other vegetable.

Celery Pickle.

Mrs. R. A. Renwick.

Cut one dozen celery into small pieces (save hearts for table), let stand in salt and water twenty-four hours, then drain well; one-half gallon vinegar, one-quarter teaspoonful cayenne pepper, one pound granulated sugar, one-half pound mustard (Kee's), the best (and a good half pound). Mix these ingredients and boil ten minutes, then add celery and take off immediately.

Musk Melon Pickle.

Mrs. Stamford.

- 2 lbs. sugar.
 7 lbs. musk melon, cut size of gherkins.
 1 pint vinegar.
 Ground cloves and cinnamon stick to taste.
 Boil tender and bottle.

Chutney.

Mrs. McB. Smith.

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| 1 lb. apples. | 1 ounce garlic (chopped). |
| 1 lb. brown sugar. | 1 ounce cloves (put into a bag). |
| 1 pint vinegar. | 1 large onion (chopped). |
| 1 teaspoonful salt. | Boil two hours. |
| 3 lbs. plums (skinned and stoned). | |
| 3 ounces green ginger (scraped and chopped fine). | |
| 1 teaspoonful cayenne pepper. | |

Chutney.

Mrs. George Shaw.

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| 1 lb. sugar. | 1 pint vinegar. |
| 1 ounce cloves. | 1 teaspoonful salt. |
| 1 ounce garlic. | $\frac{1}{2}$ ounce mace. |
| Boil two hours. | 2 good-sized onions cut up. |
| 1 teaspoonful cayenne pepper. | |
| 3 lbs. plums (stoned), or tomatoes. | |
| 1 lb. apples (chopped very fine). | |
| 3 ounces green ginger (chopped very fine). | |

Chillie Sauce.

Mrs. R. B. McMicking.

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| 8 lbs. tomatoes. | 3 cupfuls vinegar. |
| 5 large red peppers. | 3 cupfuls sugar. |
| 3 large onions. | $\frac{1}{2}$ cupful salt. |
| 1 teaspoonful celery seed. | $\frac{3}{4}$ lb. apples. |
| Tablespoonful cloves, allspice, mace, cinnamon. | |

Peel tomatoes, chop onions and red peppers. Boil three hours.

Chutney.

Mrs. Macnaughton-Jones.

1 lb. raisins, stoned.	$\frac{1}{4}$ lb. ginger.
$\frac{1}{4}$ lb. chillies.	3 bottles strong vinegar.
1 lb. moist sugar.	$\frac{1}{4}$ lb. salt.
$\frac{1}{4}$ lb. garlic.	$\frac{1}{2}$ lb. onions.
$\frac{1}{4}$ lb. mustard seed.	$\frac{3}{4}$ lb. apples.

Wash the mustard seed, pound the whole together until quite fine, and boil it all in half the vinegar until quite done. Then pour it into a large basin, add the rest of the vinegar. Bottle.

Chowder.

Mrs. W. S. Gore.

Cut into slices one peck of green tomatoes. Sprinkle with salt and let stand over night, then strain off the liquor. Put the tomatoes down to boil with six large onions, cut small, one dessertspoonful of ground cloves, one dessertspoonful cinnamon, one dessertspoonful allspice, one-half teaspoonful cayenne pepper, one cupful of grated horse-radish. Enough vinegar to half cover it, add one pint brown sugar. Boil all together until soft.

Mustard Pickles.

Mrs. T. Cusack.

- 3 quarts small onions.
- 3 small cauliflowers.

Make a brine of four quarts water and one pint salt; pour it over the mixture of vegetables and let stand twenty-four hours. Heat just enough to scald it, and turn into a colander to drain.

Mix one cupful of flour, six tablespoonfuls of ground mustard, six tablespoonfuls tumeric with enough cold vinegar to make a smooth paste. Then add one cupful brown sugar to enough vinegar to make two quarts in all. Boil this mixture until it thickens and is smooth, stirring all the time. Add the vegetables and work until well heated through.

Tomato Catsup.

Mrs. T. Geiger.

Scald and peel eight pounds of ripe tomatoes, add one quart of strong vinegar, add six teaspoonfuls of fine salt, four tablespoonfuls of sugar, 2 tablespoonfuls of black pepper, three tablespoonfuls of red pepper, two tablespoonfuls ground cloves, two tablespoonfuls of allspice, two tablespoonfuls of cinnamon. Let all boil together about two hours, stirring it often. Strain through a sieve and when cool, bottle and cork it tightly.

French Pickle.

Mrs. T. Geiger.

- 1 quart of onions, sliced. 2 good handfuls of salt.
- 1 colander of sliced green tomatoes.
- 1 colander medium size cucumbers, peeled and sliced.

Let all stand twenty-four hours, then strain through a sieve, add one-half ounce of celery seed, one-half ounce of allspice, one small teacupful of white mustard seed, one-half cupful of black pepper, a scanty tablespoonful of turmeric, one pound of brown sugar, two tablespoonfuls of made mustard, three quarts of vinegar.

Boil all till tender, which will take about an hour and a quarter.

Tomato Catsup.

Mrs. A. K. Renwick (Hamilton).

Cut up one peck (or eight quarts), of ripe tomatoes, one bunch of celery, the whole of it (green and all), one quart onions, one teacupful of salt (or salt to taste). Boil together one or two hours, then put through a colander and remove skin; then through a sieve and remove all seeds (refuse not more than two handfuls), return to kettle, add four ounces mustard, one-quarter teaspoonful cayenne pepper, six ounces sugar, one teaspoonful ground ginger, (four ounces of pickling spices put in a bag and soaked over night in one-half pint of good vinegar; put bag in to boil, also vinegar, boil all day, being careful not to burn, as after boiling some time it will commence to thicken and settle while boiling. Boil the remainder of the day, then bottle and seal tight. All day job.

Hamburg Pickle.

Mrs. D. A. McTavish.

Boil together for twenty minutes two gallons water, three-pound bag salt, two pounds coarse sugar, two ounces saltpetre, two ounces whole black peppers (bruised and tied in a piece of muslin). Clear off the scum as it rises. It must be perfectly cold before the meat is put in, which must be entirely covered with the pickle. If the pickle be boiled up in a month's time it will remain good for a year.

For beef, hams, tongues or pork.

Small Cucumber Pickles.

Mrs. E. B. Marvin.

Not exceeding three inches in length and picked with stem half an inch long. Place them in cold water over night, wash well in the morning and place to dry. Then place them in quart jars smoothly around at the sides, filling it completely. Add two teaspoonfuls of granulated sugar, two teaspoonfuls of cooking salt, fill with cold cider vinegar. Make jars air tight. Leave standing for three weeks before using.

Chillie Sauce.

Mrs. T. R. Cusack.

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| 1 teaspoonful allspice. | 1 teacupful vinegar. | ✱ |
| 1 teaspoonful cloves. | 1 red pepper. | |
| 1 teaspoonful ginger. | 9 ripe tomatoes. | |
| 1 tablespoonful salt. | Vinegar in last. | |
| 1 onion (chopped fine). | | |
| 2 tablespoonfuls brown sugar. | | |
| 1 chopping bowl apples to box tomatoes. | | |
- Cook until apples and onions are well cooked.

Chillie Sauce.

Mrs. Lucas.

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| 36 ripe tomatoes. | 1 tablespoonful cloves. |
| 3 peppers, 1 red, 2 green. | 2 cupfuls brown sugar. |
| 4 large onions chopped small. | 2 tablespoonfuls salt. |
| 1 tablespoonful cinnamon. | 3 cupfuls vinegar. |
- Boil until thick. Bottle and seal.

Hot Pickle.

Mrs. W. S. Gore.

1 ounce pepper.	2 ounces allspice.
1 ounce yellow mustard seed.	2 quarts vinegar.
$\frac{1}{4}$ ounce cayenne pepper.	$\frac{1}{4}$ lb. salt.

Put into a pan which will hold four quarts and pour the hot pickle over it when cold. You can put into it any fresh gathered fruit or vegetables. Small green cucumbers are very nice and crisp.

Pickles.

Mrs. George Shaw:

To cover 300.

$\frac{1}{2}$ lb. ground mustard.	2 gals. vinegar.
$\frac{1}{4}$ lb. ground black pepper.	$\frac{1}{2}$ ounce turmeric.
1 teaspoonful cayenne pepper.	$\frac{1}{4}$ lb. mustard seed.
1 coffeecupful brown sugar.	2 ounces root ginger.

Scald the spice in a little vinegar and pour in with the rest of the vinegar. Put the cucumbers in a strong brine over night, drain them next day and put in the vinegar. Add a piece of alum as large as a walnut.

JAMESON'S "FEATHER-LIGHT" BAKING POWDER
is made in Victoria, B. C.

BEVERAGES

"We will drink the table round."

—Shakespeare.

Drink to me only with thine eyes,
And I will pledge with mine;
Or leave a kiss but in the cup,
And I'll not look for wine.

—Ben Jonson.

Ginger Beer.

Mrs. Henry Hannington.

5 lbs. loaf sugar.	5 lemons.
3 ounces bruised root ginger.	1 yeast-cake.
3 gallons of water.	Slice of toasted bread.

Boil the sugar and the ginger in the three gallons of water for one hour. When cold add the juice and rinds of five lemons and the yeast-cake on the slice of toast, or, better still, on a cracker. Let it stand in a tub, covered with a thick cloth for three days, then strain it through a thick cloth and bottle it. It will be ready for use in five days.

This wants to be securely bottled as it gets lively. The patent bottles to be had at pop factories are best, otherwise it must be wired.

Currant Shrub.

Mrs. Luis Russell.

Take of ripe currant juice three quarts, three pounds of refined sugar, one-half pint of brandy.

Mix sugar and juice together thoroughly while cold. Boil for fifteen minutes, skim and when cold add brandy, and bottle. Seal corks securely. Will keep for years.

Claret Cup.

Mrs. Luis Russell.

1 bottle of claret.	3 half pints of water.
½ pint of brandy.	½ pint of lemon syrup.

Mix lemon syrup, water, claret and brandy together, add large lump of ice and serve in claret glasses.

Dandelion Wine.

Mrs. Luis Russell.

To every quart of flower heads allow one quart of water and one pound of sugar.

Place the flowers in a clean vessel and add quart for quart of boiling water. Allow to stand seven days. Strain, add sugar and pour into a clean barrel. Add isinglass in the quantity of one ounce to every gallon of liquid, and bung securely. This wine should be kept twelve months.

Grape Wine.

Mrs. Luis Russell.

Five gallons of ripe grapes crushed into four and one-half gallons of hot water. Allow to stand five days, stirring occasionally. Strain and add eighteen pounds of refined sugar. When dissolved put into clean cask. Add isinglass and brandy and cork firmly. This wine is ready in about three to six months.

Orangeade.

Mrs. Luis Russell.

3 lbs. of refined sugar.	12 oranges.
1 ounce of ground ginger.	4 lemons.

Dissolve the sugar and ginger in the water, place over fire in enamelled pan and bring to boiling point. When cold add oranges and lemons, one-half cupful of yeast and four ounces of isinglass, added while warm.

Milk Punch.

Mrs. Hardie.

Take eighteen lemons, pare off the rinds and steep them twenty-four hours in one gallon of brandy. Boil three pounds loaf sugar in four quarts of water. Skim it well, add it to the brandy, take out the rinds of the lemons, cut the lemons in half and scoop out the insides with a spoon. Put the whole into a large earthen pan and add two quarts of milk, scalding hot, but not boiling. Stir it well, which will make it curdle. Cover it over, let it stand one hour, then strain through a flannel bag until fine.

Date, 1800 or earlier.

Mint Syrup.

Mrs. Luis Russell.

Boil six pounds of refined sugar and three quarts of water down to three pints. Add eight ounces of small green mint. While syrup is hot seal down and digest of one fortnight in warm place. Strain at the end of this time and it is ready for use.

Holland Cup.

Mrs. Luis Russell.

$\frac{1}{2}$ pint of Holland gin.
1 quart of orangeade.

Mix the above with large lump of ice or put in freezer. Then pour into very thin glasses.

Mint Cup.

Mrs. Luis Russell.

1 quart of mint syrup.
 $\frac{1}{4}$ pint of old English gin.

Mix mint syrup and gin together, freeze lightly and pour into thin green glasses.

Raspberry Acid.

Mrs. W. S. Gore.

To twelve pounds of fruit add eight pints of water, six pounds sugar, 25 cents' worth citric acid. Squeeze the juice of fruit, then add water and sugar and acid dissolved in a little hot water. Boil all together twenty minutes. Bottle.

Boston Cream.

Miss Wilson, Quebec Street.

1 lb. tartaric acid.
3 quarts water.
4 lbs. granulated sugar.
Small bottle essence of lemon.
Whites of two eggs beaten to a froth.

Boil sugar and water together. When cool add acid, essence of lemon and egg beaten well together.

Roumiss.

Mrs. Luis Russell.

3 pints of fresh rich milk. 3 pints of hot water.
 $\frac{1}{4}$ lb. of refined sugar. $\frac{1}{2}$ teacupful of yeast.

Mix the milk and hot water together, add sugar, and when thoroughly dissolved and the mixture is tepid, stir in the yeast and put in a warm place to rise. Stir frequently and in about six or seven hours the mixture will be covered with small bubbles. At this stage put into strong bottles, screw down, shake twice daily, and in forty-eight hours it is ready for use. This will keep one week in a cool place.

Lemon Syrup Made Cold.

Mrs. Luis Russell.

$\frac{1}{4}$ lb. of tartaric acid.
6 lbs. of sugar.
3 quarts of water.

Place sugar, water and acid in large bowl and stir often. When all is dissolved bottle and cork firmly.

A small quantity of this with a little carbonate of soda will make a most refreshing drink.

Boston Cream.

Mrs. C. F. Todd.

Make a syrup of four pounds of sugar with four quarts of water. Boil, when cold add four ounces of tartaric acid, one and one-half ounces essence of lemon, whites of six eggs beaten to a stiff froth. Bottle.

About a wineglassful of cream to a tumblerful of water with carbonate soda sufficient to cover a ten cent piece.

Raspberry Vinegar.

To every quart of raspberries add one pint of the best vinegar. Stir them twice a day for three days, then strain off the liquor. To each pint put one pound of loaf sugar. Boil half an hour, skim it well. Bottle and cork it well.

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Rhubarb Wine.

Mrs. Luis Russell.

50 lbs. rhubarb.
30 lbs. of sugar.
56 quarts of water.

Take the rhubarb and crush it well, then add hot water. Allow to stand seven days stirring at least once daily. Strain and add sugar, and when dissolved put in clean cask. When fermentation ceases add one pound of isinglass that has been dissolved in some of the wine, and one quart of brandy. Bung closely. This wine is ready for use in six months.

Blackberry Syrup.

Mrs. Luis Russell.

To each quart of juice allow one pound of sugar, a fourth of an ounce each of cinnamon, nutmeg and cloves. Bring to the boil and strain. Place spices in a muslin bag. By this means the syrup is kept clear.

Note: The writer always allows one wineglassful of brandy or good rye whiskey to each quart of syrup. It will then keep for years.

Ginger Cordial.

Mrs. Edward Johnston.

Two quarts of water with three pounds of white sugar. Boil together twenty minutes. When nearly cold add six drachms of ginger, 6 drachms of cayenne, one-half ounce tartaric acid.

When cold bottle for use. Good in hot or cold water, about a tablespoonful to a tumbler.

Ginger Cordial. (Very nice.)

Mrs. McCoy.

½ oz. ginger (liquid).	1 oz. tartaric acid.*
½ oz. cayenne (liquid).	3 lemons.
1 oz. burnt sugar.	6 quarts boiling water.
6 cupfuls granulated sugar.	

Let stand twenty-four hours and then bottle.

Black Currant Cordial.

Mrs. W. S. Gore.

To each gallon of the best whiskey put five quarts of black currants, one ounce of cloves (whole), a handful of white ginger (bruised), a large lemon sliced. Let stand in a stone jar about two months, then strain. Make a syrup, allowing to every quart of liquor one pound of sugar, and to every gallon of liquor one quart of water. Pour the syrup boiling hot into the liquor. When cold bottle and cork tightly. (Excellent.)

Currant Cordial.

Miss Francis Mayer.

2 ounces butter. 4 lbs. currants.
Almonds blanched. 3 lemons.
 $\frac{1}{2}$ lb. green ginger root, bruised.

Put this all in a large jar, bruise all well and add one gallon of whisky. Let it all stand ten days. Then strain and add five pounds white sugar. Stir until sugar is well dissolved, then bottle.

Ginger Beer, English.

Mrs. Edward Gordon, Otter Point, B. C.

Three quarts boiling water poured on three pounds sugar, one and one-half ounces citron and two ounces of whole ginger, bruised. Add nine quarts of cold water, juice and peel of three lemons and cupful of good yeast. Let the cask stand near the stove till the yeast rises in bubbles (about twenty-four hours). Then bottle and cork and tie down.

Ginger Cordial.

Mrs. Hasell, "M.S.S." (Very old.)

1 lb picked and bruised white currants.
 $\frac{1}{4}$ ounce grated ginger.
The thin rind of a lemon.

Steep in a quart of whiskey one or two nights. Next day strain through a muslin. Add one pound sugar, let it stand two days, then bottle for use.

Gingerette.

Mrs. Longfield

1 ounce essence of ginger.	3 lbs. of loaf sugar.
$\frac{1}{2}$ ounce essence cayenne.	1 ounce citric acid.
1 ounce burnt sugar.	3 lbs. lemons.
4 quarts boiling water.	

Coffee.

Suggestions and Recipe for the Making of Good Coffee by
Mrs. W. A. Jameson.

Nothing in this world is, to my mind, more thoroughly refreshing and delicious than a cup of really good coffee, and nothing more disappointing than one of poor coffee. I hear someone say: "Yes, but one so seldom gets good coffee; it is so seldom that it tastes as it smells." Very true, but that is chiefly because one does not know how to make it properly. Yet the making of first-class coffee is a very simple process. There are three distinct processes for making coffee, any of which make a good drink, viz:

Infusion or "drawing."

Decoction or "boiling."

Filtration or "distilling."

The first is accomplished by adding to the ground coffee "boiling" water and immediately removing from the hottest part of the stove and allowing it to draw—just as one would tea—for about ten to fifteen minutes. This method produces a delightful drink without extracting the stimulating or harmful properties from the bean.

Decoction or boiling is the method used in the orient and yields a splendid coffee if carefully attended to, but great care must be exercised to prevent the delightful aroma from escaping. Did you ever notice how good coffee smelled in the next room when it was being prepared, and how disappointing it was on tasting it a little time later? That was because the aroma had all escaped, and what remained, while it was quite a stimulant, was rather heavy and tasteless.

The third process: Filtration is that requiring the use of a percolater, and very often yields good coffee, though in this way, often the fine aroma is lost through insufficient care being taken. However, printed directions usually

accompany the modern coffee percolators, and these, if followed, should produce good results.

Below are a few sample recipes for making coffee in an ordinary graniteware or earthenware pot or saucepan. Care must be taken to have the pot absolutely clean and free from odour (I let mine stand filled with water and a spoonful of pearline every other day), and fresh, pure coffee should be used. The addition of chicory is not desirable, though quite harmless. Its presence darkens the coffee. If coffee has been kept for some time, the aroma may be partially restored by heating the dry coffee before using. It improves coffee to boil the water for some time before using. Hard water makes the best coffee.

An Excellent Breakfast Coffee.

As Served in the Woman's Building, Victoria Agricultural Grounds, September, 1910.

To one ounce of pure coffee add the white of one egg, shake well and pour on two pints of boiling water, set on hottest part of the stove and allow to just touch the boil. Do not allow to actually boil. Stir thoroughly and set back from fire and allow to draw for ten minutes. Serve with cream.

Another Method.

To one ounce pure, fresh coffee, add one pint boiling water and treat as above, have ready one pint boiling milk and strain coffee into the milk just before removing from the fire.

Turkish Coffee.

Put requisite amount of coffee in pot and add cold water, place on very hot fire until it almost reaches the boiling point and serve without either milk or sugar. Keep the pot well covered and see that the fire is very hot.

Brazilian Coffee.

Good for after-dinner coffee. To one ounce very finely ground coffee, put in a muslin bag, add one and one-half pints boiling water and allow it to draw (not boil) for fifteen minutes. Mixing a raw egg with the coffee, before the

addition of the water, makes the liquor beautifully clear. When an egg is used the muslin bag is unnecessary.

Egg albumen may be purchased in crystal or powdered form, and this moistened in a little cold water and allowed to stand a few hours, takes the place of fresh egg very nicely and is much cheaper.

CONFECTIONERY

"Sweets to the sweet."—Hamlet.

"Trifles light as air."—Othello.

Turkish Delight.

Mrs. Richard Jones.

1 lb. sugar.

1 cupful water.

5 sheets gelatine (cut up and soaked in half a cupful of water).

Boil sugar for twenty minutes and add gelatine, juice and rind of one orange and juice of one lemon. Add tablespoonful of rum if wished. Strain and pour into baking pan. Stand twenty-four hours. Cut in blocks, roll in sugar.

Turkish Delight.

Mrs. James Gaudin.

13 sheets of gelatine.

2 lbs. granulated sugar.

1 cupful of water.

The juice of one lemon and rosewater to taste.

Soak gelatine for one hour in enough water to cover it, pour off water and boil all up for ten minutes, then pour into flat dishes. Next day cut into small squares and roll in pulverized sugar. If two kinds are prepared take half of the mixture, after it is boiled, and color with cochineal, and flavor with rosewater, and the rest can be flavored with lemon essence.

Chocolate Caramel.

Miss A. Macrea.

Cream together one teacupful of sugar with half the quantity of butter. Add one-quarter of a pound of grated chocolate and one teacupful each of molasses and milk. Beat well together and boil until a portion of it dropped in cold water sets and cracks. Pour into well-buttered tin pans to the thickness of half an inch. When nearly cold mark into squares with a buttered knife. Roll the squares in paraffin paper.

"Divinity Fudge."

Mrs. G. A. McTavish.

1 cupful corn syrup.
4 cupfuls white sugar.
1 cupful water.

Boil until it spins a thread, then pour into it the whites of two eggs, beaten well, and beat until stiff, add two cupfuls of chopped walnuts and flavor to taste. Pour into buttered pans and cut in squares.

Cocoanut Ice.

Flou M. Macrae.

Take two cupfuls fine white sugar, one-half cupful milk, and three-quarters cupful dessicated cocoanut. Boil sugar and milk for five minutes, stirring all the time, add the cocoanut and boil one minute more. Remove from the fire, beat while cooling, till it creams, then pour quickly into a wet dish. Take a second layer and color it with cochineal.

Tutti Frutti.

Miss Carr.

3 cupfuls white sugar.
1 cupful milk.
Flavoring to taste.

Boil till thick, take off the stove, add half pound of candied fruit chopped fine, half cupful preserved ginger, stir enough icing sugar in to make a stiff paste, pour into a tin lined with buttered paper. Next day turn out and slice.

French Cream (uncooked).

Agatha Elaine McMicking.

White of one egg, half cupful cream, beaten well; icing sugar enough to make a soft dough, one dessertspoonful of flavoring, mould into shape required. It cannot be melted to use as a covering.

Chocolate Creams.

Mrs. R. B. McMicking.

Take as much fondant as is wanted, roll into balls size small marbles, drop each one into melted chocolate, take out with a fork and lay on waxed paper to dry.

Toffee.

Mrs. Pemberton.

Melt three ounces fresh butter in brass saucepan, as soon as dissolved mix in one pound brown sugar, pour the toffee upon buttered dish. Time to boil, 15 to 25 minutes.

CARRON B. JAMESON

FINE TEAS AND COFFEES are my specialty,
but I also keep

CONFECTIONERS' COVERING CHOCOLATE
both sweet and bitter.

COCOANUT in all cuts; fine, medium, shredded,
coarse and chips.

GELATINE; flaked and powdered.

ALMOND PASTE; in five pound cans.

FLAVORING EXTRACTS, essential oils and
confectioners' colorings.

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VICTORIA, B. C.

P. O. Drawer 739

Fondant.

Miss Isabel Murray.

6 cupfuls granulated sugar.

3 cupfuls hot water.

Stir until the sugar is almost dissolved, then set over a hot fire and boil quickly until when dropped into cold water it forms a soft ball. When it is cold stir with a wooden paddle until it stiffens into a soft doughy mass.

Almond Toffee.

Mrs. Pemberton.

Melt five ounces fresh butter, when dissolved, stir in one pound brown sugar, and boil for fifteen minutes, mix in two ounces sweet almonds and boil. Pour upon buttered dishes.

Fig Candy.

Miss F. Hayward.

1 lb. sugar.

1 pint of water.

Boil over slow fire. When done add small piece of butter, and few drops of water and turn it over split figs. Do not boil as hard as for common sugar or molasses candy. Almond candy is made in the same way, by having split or chopped almonds. Spread in buttered tin before turning it hot candy.

Marshmallows.

Mrs. Lawrence McCrea.

Soak half a pound of gum arabic in a pint of water until soft. Add to it a pound of powdered sugar, stir all together in a double boiler until it is thick and white. Try it in water as soon as it thickens. If it forms a firm but not hard ball, it is done. Remove from the fire. If you want what is called inflated marshmallow (the spongy kind) beat the whites of two eggs and add them gradually to the paste, then flavor with orange flower or rose. The paste may be poured out on a pan or dish covered with cornstarch, and when cool cut into squares and pack away in confectioner's sugar till wanted. Will not keep fresh longer than a few days unless in a tin box with very close cover.

White Cream Candy.

Miss Isabel Murray.

4 cupfuls granulated sugar.

2 cupfuls water.

1 teaspoonful cream-of-tartar.

Have the kettle slightly greased before putting in the ingredients. After boiling slowly for a short time add a piece of butter the size of an egg. Add flavoring when the candy is ready to be removed from the fire. When it is stiff enough put a little flour and butter on the hands and pull until it is white and clear, then set aside to harden.

Colored Almonds.

Mrs. Pemberton.

Blanch and chop, not too finely, as many almonds as may be required, dry them thoroughly, pour a little prepared cochineal and rub them. Saffron soaked in water will make them yellow; spinach juice, green.

Taffy.

Mrs. Alex. Munro.

Into a suitable pan, lightly rubbed over with butter, place such quantity of molasses as you desire. Boil it, taking care to prevent burning. After boiling for some time, test it by dropping a little from a spoon into cold water in a cup. When you find this crystallizes or candies and is firm, and will draw, it has sufficiently boiled. Pour into a suitable dish—such as a meat pan, prepared by being rubbed with butter; and when cool enough begin to draw it. Continue this as long as you find necessary. Though not a necessary ingredient, a little vinegar (a spoonful or so) added to the molasses, while boiling, imparts a flavor which is agreeable to the taste of some persons, and a teaspoonful of butter in the molasses is an improvement, though not indispensable.

Russian Toffee.

Miss Walbran.

1 gill tumblerful of milk. 1 large lump of butter.
 $\frac{1}{2}$ tin condensed milk. $\frac{1}{4}$ lb. almonds, blanched.
 3 gill tumblerful of brown sugar.
 Few drops of essence of vanilla.

Boil together very quickly for half an hour, stirring all the time; five minutes before done, put in the almonds, which must be cut into small pieces, and the essence of vanilla, then pour into a buttered tin.

Everton Toffee.

Mrs. H. B. W. Aikman.

Boil together a pound of sugar and five ounces of butter for twenty minutes; then stir in two ounces of almonds blanched, divided, and thoroughly dried in a slow oven, or before the fire. Let the toffee boil after they are added, till it crackles when dropped into cold water, and snaps between the teeth without sticking. Sugar 1 lb., butter 5 ounces, almonds 2 ounces; 20 to 30 minutes.

From Eliza Acton's Cookery Book (English).

Maple Cream.

Miss Agnes Russell.

$2\frac{1}{2}$ cupfuls brown sugar. 1 teaspoonful vanilla.
 $\frac{1}{2}$ cupful milk. 1 cupful chopped nuts.
 Butter, size of a walnut.

Cook about half hour. When done, beat to a cream; pour on a buttered dish, cut in squares before cold.

English Walnut Creams.

Mrs. R. B. McMicking.

Work half pound of fondant until creamy, add vanilla, knead, using sufficient powdered sugar to prevent sticking, shell and divide into halves a pound of walnuts. Take fondant about the size of marble, roll in the hand a walnut on each marble, stand on oiled paper to harden. By using cochineal, saffron, or essence of pistachio nuts we can color the cream and get a variety of shades.

Cream Pineapple.

Mrs. R. B. McMicking.

Pare the pineapple and cut into slices a half-inch thick. Now cut these slices into blocks and dry on napkin. Divide a pound of fondant into three or four portions, putting each in a cup; add to one a few drops of rosewater and few drops of cochineal, to another a little vanilla, orange to another, and maraschino to the fourth. Stand these, one at a time, in a basin of boiling water, and stir until the fondant is creamy, then dip the squares of pineapple in each, and place on oiled paper to dry and harden.

Maple Fudge.

For delicious maple fudge, take one and one-half cupfuls of light-brown sugar, one cupful of maple syrup, half a cupful of milk, and a level teaspoonful of butter. Boil slowly until it makes a soft ball when rolled between the fingers in cold water, then set aside until cool. Then beat with a fork until a creamy, sugary mass, turn quickly onto a buttered plate and mark into squares. If the little cook finds it is soft from having been taken off a moment too soon, she will have to let it stand longer to turn to sugar, but the fudge that stands overnight will be particularly smooth.

Cocoanut Ice.

Flou M. Macrae.

Take two cupfuls fine white sugar, one-half cupful milk and three-quarters cupful dessicated cocoanut. Boil sugar and milk for five minutes, stirring all the time, add the cocoanut and boil one minute more. Remove from the fire, beat while cooling till it creams, then pour quickly into a wet dish. Take a second layer and color it with cochineal.

Almonds Sugared.

Mrs. Pemberton.

Boil together a syrup made of one pound of sugar and one pint of water. Blanch one pound of sweet almonds and boil some minutes. Take them out, drain them, boil the syrup until thick, return the almonds, and take them out when coated with sugar.

Neapolitan Cream Blocks.

Mrs. R. B. McMicking.

Take a pound of fondant, and separate it into thirds. Leave one part white and flavor with lemon, to another add few drops of cochineal and vanilla, and to the third sufficient grated chocolate or cocoa to make it brown. Sprinkle the board with confectioners' sugar, put on the white portion and keep it in a square cake about half-inch thick, then the pink portion in the same way over the white, and last the chocolate over the pink, with a rolling-pin go over gently once or twice to thoroughly press all together, cut into squares or diamonds.

Cocoanut Candy.

Ruby McB. Smith.

Cover one quart of granulated sugar with milk of cocoanut; if not sufficient, add cow's milk. Stand on back of stove till sugar dissolves, then bring forward and boil quickly for ten minutes. Having peeled and grated cocoanut add to the sugar and boil five minutes longer. Flavor with vanilla and rose. Beat till cool, pour into a buttered dish and when cold cut into small squares.

Cocoanut Creams.

Miss Jean C. Hutcheson.

Boil one cupful of milk with two cupfuls of white sugar and a teaspoonful butter, till the liquid forms a soft ball when dropped in cold water. Then add grated or dessicated cocoanut, and flavoring as desired and stir till it creams. Pour over a waxed paper placed in a dish and cut in squares when cool. By leaving out the cocoanut a plain cream candy can be made.

Almonds Candied.

Mrs. Pemberton.

Blanch some almonds and fry in butter or oil until nicely browned; drain and dry them. Boil half pint of water with half pound of sugar, and bring it to the candying point. Pour this upon the almonds boiling hot. Time, half an hour.

A New Candy Hint.

The best peanut brittle I have ever tasted is the simplest to make. Equal parts of shelled peanuts—chopped if desired—and sugar. Melt the sugar in a frying pan, stirring constantly, as no water is used. When it is all melted and is just turning light brown, turn in the nuts, mix thoroughly and pour into a well-buttered pan. It will harden and soon cool, and as it needs no cooking after the sugar is melted, is the quickest sort of candy to make.

Butter Scotch (good).

Miss Bertha Morley.

2 cupfuls white sugar.

1 cupful syrup.

$\frac{1}{2}$ cupful butter.

Boil until it hardens when dropped into cold water, then pull, or scatter a few almonds in a buttered dish and pour mixture over and let it cool.

For Quality in  



Bread and
Cakes

Try HANBURY'S

THE FAMILY BAKER



705 Fort Street

"Penochee." (New).

Mrs. G. A. McTavish.

2 cupfuls brown sugar.	1 cupful cream or milk.
1 cupful white sugar.	$\frac{1}{4}$ cupful molasses.
1 ounce butter.	

When starts to boil add two tablespoonfuls grated chocolate. Boil until it forms a hard ball in water and beat until stiff, add one cupful chopped walnuts, flour to taste, pour into buttered pans and cut in squares.

Cream Candy.

Cream candy is made by boiling two cupfuls of granulated sugar without stirring, with three-fourths cupful water, two tablespoonfuls vinegar and a teaspoonful of butter until brittle when dropped in cold water. Pour onto a buttered pan, but do not scrape the sugared edge of the kettle, and pull as soon as cool. If a little care is exercised in handling at first, it will not stick to the fingers. The butter or flour sometimes put on the hands to prevent this only spoils the candy. When pulled perfectly white, cut with scissors into small cubes. The longer this stands, the more delicious it becomes, and if flavored with a few drops of essence of peppermint when first put on (so it can be well stirred through) and then put away when done in a glass jar for a couple of weeks, it will make delicate "after-dinner mint."

We recommend JAMESON'S "FEATHER-LIGHT"
BAKING POWDER.

MISCELLANEOUS

Pickle for Beef, Pork, Tongue, Etc.

Mrs. Mainguy, Duncans.

To four gallons of water add a pound and a half of brown sugar, two ounces of saltpetre and six pounds of salt, if it is to last a month or two. If to keep all summer use nine pounds of salt. Boil all together a few minutes, skim and let it get cold before pouring over the meat. Have sufficient brine to cover the meat well and keep for family use.

Spiced Beef.

Mrs. Edgson, Duncans.

Rub fourteen or sixteen pounds of beef with seven ounces of brown sugar, one dessertspoonful of mixed spice, one dessertspoonful of pepper, one dessertspoonful of nutmeg, one dessertspoonful of cloves, one dessertspoonful of cayenne, one teaspoonful of saltpetre, half pound of salt.

Put joint in deep pan, turn every day for three weeks. Boil very slowly for five hours. Eat cold.

Hunting Beef.

Miss Harvey, "Stonyhurst."

For a round of beef put one pound common salt, three ounces of saltpetre, two ounces of white pepper, and one-quarter pound of allspice, one-half pound of coarse sugar or treacle, and a little old beer is an improvement. Rub the beef with this mixture and let it lay in pickle three weeks. Have ready one and one-half pounds of chopped beef suet. Put it at the bottom of the pan in which your beef is to be baked, and place the same quantity of chopped suet on the top of the meat. Cover completely over with crust an inch thick, made either with meal and water or flour and water. Bake three hours in a slow oven.

This recipe is for a twenty-pound round, the crust and suet to be removed before seasoning. This joint is eaten cold.

Baking Powder.

Mrs. D. A. McTavish.

$\frac{1}{2}$ lb. carbonate soda.

$\frac{1}{2}$ lb. rice flour.

1 lb. cream-of-tartar.

To be thoroughly mixed and put through a flour sieve six times.

Four teaspoonfuls equal to one of cream-of-tartar and one-half a teaspoonful soda.

Scotch Kippered Salmon.

Mrs. D. A. McTavish.

Cut the fish up the back as close to the bone as possible, lay it on a flat dish and rub a handful of salt (two if the fish is large), a tablespoonful of allspice, one of pepper and one of sugar, mixed with the salt. Turn it every other day for eight or ten days, then it is ready to hang up to dry. In doing this fix two pieces of wood (like skewers) across to keep it open that it may dry equally.

It is very nice used out of the pickle.

Spiced Beef.

Mrs. D. A. McTavish.

Rub a round of beef with three ounces powdered salt-petre, one and one-half pounds brown sugar, twelve ounces salt. First the bone must be taken out and a piece of lap fat the same size put in instead. Two days afterwards have two ounces ground pepper, three ounces allspice, one-half ounce of cloves, two nutmegs, ground, one-half ounce mace, a large teaspoonful cayenne pepper mixed together, well rubbed on the beef. Allow it to lie in the tub or pan three or four weeks. Every second day have it well rubbed with the pickle it makes. After that tie it tightly and bind so close round that it may be well shaped. Then put it down to stew with a tin or plate between it and the pot, some fat slices of bacon, about two pounds in all. Cover it well and put it in the oven or covered with coals on the hot hearth.

Keep turning the pan round to prevent burning. A thirty-pound round should stew twelve hours. You should

occasionally put some of the gravy and fat over it to soak. Do not untie it for twelve hours after it is done. The gravy should be bottled for flavoring soups, etc.

Spiced Ribs of Beef (boned).

Mrs. Dumbleton's Old Dutch Book.

For ten pounds of beef, take a breakfastcupful of salt, two tablespoonfuls of sugar, teaspoonful saltpetre, twenty-four cloves, twenty-four allspice, teaspoonful pepper, bruise and well rub into the beef. Bone, roll, and skewer the beef, and leave in pickle for a week; steam for three or four hours and place between plates with weights on it to press it firmly together. Excellent—to be eaten cold.

Spiced Beef.

Mrs. E. Fisher.

Rub well into a round of fat beef weighing forty pounds, two ounces of saltpetre. Let it stand five or six hours.

Try

Royal Dairy

FAMOUS

 Ice Cream 

Phone 188

Then rub well with three ounces ground allspice, one ounce of black pepper, two pounds of salt and two pounds of sugar. Let it remain fourteen days, and every other day turn and rub with the pickle. Before cooking wash off all spice and pepper and boil six hours slowly in a cloth. Put it on in boiling water, letting it remain in the water till cold.

Brine for Salting Beef.

Miss Harvey, "Stonyhurst."

4 quarts of water.

2 lbs. of salt.

$\frac{1}{2}$ teaspoonful of saltpetre.

If liked, a handful of brown sugar.

One pound of salt to be rubbed on the meat with the saltpetre before putting the meat in the pickle. Turn every day. The brine will keep better in hot weather if it is boiled before using. Ten days or two weeks are long enough for a large joint of beef. If the meat is served hot it is better to return the joint afterwards to the water it is boiling in to cool, taking it out next morning. This prevents it getting hard.

To Preserve Eggs.

Mrs. Mainguy, Duncans.

Pour a gallon of boiling water over two quarts of quicklime and one-half pound salt. When cold add one ounce cream-of-tartar. After the lime has been well stirred into the boiling water a large portion of it will settle at the bottom of the vessel. The eggs must be quite fresh when put in. It is better to have them the day they are laid.

Keep them covered with the liquor and they can be preserved two years.

Patronize our Advertisers.

DINNER GIVING

To the hospitably inclined, the pleasure afforded by entertaining those whose society is desired is unsurpassed, and nowhere does the host or hostess show to such advantage as at the dinner table. To give a dinner gracefully, however, requires tact; indeed it may be said to be an art, to so select one's guests and so arrange them at the table that no lack of harmony will mar the occasion. The hostess must be, to a certain extent, acquainted with the peculiarities of each guest, and in placing them, she should carefully avoid seating two persons of opposite natures side by side. She should study her guests as it were; should allot the charming talker to the equally charming listener, and the opinionated person to the passive and yielding disposition. It is generally understood that all present are desirable persons, and yet an acquaintanceship begun under such auspices need not extend beyond the occasion unless so desired.

A centerpiece for St. Valentine's Day of a heart-shaped wire frame, banked up with red carnations, ferns and asparagus vine, is particularly effective. For place cards the dainty, old-fashioned lace paper valentines are appropriate, but if desired, hearts may be shaped of heavy red cardboard with each guest's name and some verse written in white on them.

"Madam, the dinner is served."

"Ah, well then, ladies and gentlemen—
'Now, good digestion wait on appetite
And health on both.'"

—Macbeth.

SELECTED MENUS

The dinner is for eating, and my wish is that guests,
not the cooks, should like the dishes. —Bacon.

A Menu for St. Patrick's Day.

Small Green Peppers Stuffed with Chopped Onions and Anchovies.

Cream of Green-Pea Soup with Shamrocks cut from Dill Pickles.

Planked Fish with Sauce Tartare
Decorated with Mashed Potato Roses and Peas.

Little Roast Pig with Corncob Pie in his mouth, resting on a Bed of Parsley.

Mashed Potatoes with Parsley Decorations.
Mounds of Spinach.

Endive and Roquefort Cheese-Salad, with Bread Crisps cut in the Shape of Shamrocks.

Pistachio Ice Cream in Irish Hats.

Cakes with Green Icing.

Green Bonbons. Pistachio Nuts. Coffee

Cruiskeen Lawn Punch.

Relishes—Olives, Small Pickles, Creme de Menthe Cherries.

Menu.

Oysters on Half Shell. Lemon Ice.

Consomme Cheese Croutons.

Halibut Timbale. Lobster Sauce.

Roast Turkey Giblet Gravy.

Cranberry Jelly.

Noisettes of Mutton.

Glazed Sweet Potatoes. Baked Onions.

Creamed Peas. Corn Fritters.

Celery and Nut Salad.

Mince Pies. Plum Pudding.

Claret Jelly. Peach Ice Cream.

Fruits. Nuts. Bonbons.

Coffee.

Gentlemen's Dinner.

Mrs. Stuart Robertson, "Struen."

Oysters on the Half Shell Mullagatawny Soup.

Boiled Salmon, Hollandaise.

Sliced Cucumbers. Horesradish.

Radishes.

Roast Lamb, Mint Sauce.

Asparagus. Mashed Potatoes.

Roman Punch.

Roast Duck. Olives. Pears.

Lettuce Salad.

Gipsy Cake. Mince Pie.

Toasted Crapers. Cheese. Fruit.

Black Coffee.

Emergency Dinner.

Mrs. Stuart Robertson, "Struen."

Tomato Bisque.

Salmon Puffs. Cream Sauce.

Minced Chicken with Mushrooms.

Creamed Potatoes. String Beans.

Fruit Salad.

Lemon Pudding, Foam Sauce.

Wafers and Cheese. Nuts and Fruit.

Coffee.

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THE WISDOM OF MANY

Written for the Women's Edition of the Colonist, Nov. 6th, 1909, by Mrs. R. B. McMicking.

To Prevent Moths from Doing Damage

all garments should be aired well on a breezy day before putting them away. Choose a day when the sun is not very hot. Do not leave clothing out after three o'clock in the afternoon, as from that time until dark insects of all kinds are hunting their beds. Wash blankets and all underwear and have them thoroughly dried. All clothing that cannot be washed with soap and water should be thoroughly brushed and cleaned by other agencies before putting them in the same receptacles with the more precious articles. A trunk or box well lined with newspapers, clean and dry, and plenty of them, allowing them to protrude over the top, will prove a good place to store winter clothing. Scatter some whole cloves among the cloths, and tuck the papers well around and over them.

Yellow Stains in a Marble Basin

caused by dripping water can be removed with pulverized chalk moistened with ammonia. Apply with toothbrush.

Curtains of Crash Toweling

are very effective, being especially adapted for libraries or rooms with mission furniture. The coarser the better. Fagot together loosely as many strips of the crash as you need for width; then dye the crash the color of the wall-paper or a shade to blend with the color scheme of the room. Portieres may be made to match.

Where There is a Nursery.

it is a good plan to have the door made in two parts—a Dutch door—so that the lower part may be shut and fastened and the upper one left open. Any one outside may see and hear all that is going on, and the children, if little, will be safe inside. If you do not wish to have the regular door cut in two, a half-door may be made and put up on the same doorframe.

To Save a Little Child From Slipping.

when he is having his bath in a porcelain tub, spread a large, heavy Turkish towel on the bottom of the tub before turning on the water.

Keep Measuring Spoons and Cups

right where they are to be used, and save your time and steps. The spoons may be bought for little money. Tin measuring cups in the flour-barrel and sugar-bucket will prevent a waste of time in searching for them somewhere else.

Wash Your Cut Glass

in warm, soapy water, using also a soft brush like a baby's hair-brush; then rinse it in cold water, adding a tablespoonful of vinegar to every quart of water. Change the rinsing water often, and dry the glass on a soft towel. Last of all give it a final polish with another dry, soft brush.

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Plan the Work of Housecleaning

before the time comes, and do many of the lighter tasks before the actual cleaning begins. Put closets and bureau drawers in order; repair and polish furniture and take down and launder the curtains. The actual cleaning of the rooms will seem much easier, and it will be a comfort, when one is tired after the hard work, to know that all the lighter work has been done.

Over-drinking of Iced Water With Meals.

is responsible for much indigestion and consequent injury to the complexion. The woman who flatters herself that she is taking a sensible luncheon when she eats a bowl of soup disproves her claim by diluting the broth with a big glass of iced water. She chills the stomach and arrests the gastric processes all the way through the meal by copious drafts of water cooled by ice.

The Beneficial Effects of Laughter

have been recognized from time immemorial! Rabelais says: "Laughter is man's prerogative." An English humorist writes: "When a man smiles, much more when he laughs, it adds something to this fragment of life." "Cheerfulness nourishes life," runs an Italian proverb.

To Remove Ink Stains

from the fingers use a piece of pumice-stone fashioned for toilet purposes. A slice of lemon is also efficient.

Covering an Invalid's Table With Glass

is an idea worth adopting. The glass should be of rather heavy weight and cut the exact size of the table. If a pretty piece of cretonne is slipped under it the table will be very attractive. But, best of all, the glass will enable you to keep the table clean without any trouble; something not always easy to accomplish when vases of flowers are kept there and medicines measured out.

Keeping the Washstand Neat

is often a problem, especially where there are children in the family, and but one bathroom. A simple expedient is to

have a towel hanging close by, made and kept for the express purpose of rubbing dry the marble top and the basin after use. If every member of the family attends to this the result will be a clean and tidy-looking washstand.

The Poor Implements that Women Work With.

It is not strange that a woman often does poor unprofitable work when one considers the chronic condition of her implements; there seems to be inherent in her a preference for dull knives and scissors, heavy iron tea-kettles and skillets, for stubby worn-out brooms and dusting brushes, for gummy sewing machines and clogged carpet sweepers. Why is it that the average housekeeper will put off till tomorrow what she would save time and strength by doing today? "Just this time," she says to herself, "I will use the sewing-machine in this hard-running condition. Tomorrow I will give it a regular overhauling." As a consequence, her thread breaks, her back aches, she grows nervous and irritable, and the work is poorly done. If she would look to it that they are kept in proper condition for the work to be done with them, the "drudgery" of housekeeping would be lessened. Do, for instance, have plenty of dish-towels and keep them clean; do not try to get along with one, hanging it in a dark corner when not in use. Wash them, boil them, sun them in summer and freeze them in winter; for if there is one place more than another where microbes "delight to dwell" it is surely in a stale dish-towel. Have a steel-link dish-cloth for pots and pans and save your silver spoons. Have a mop-dish-cloth to use in very hot water, and regard the appearance of your hands as something not beneath a woman's care. Have at least two pans to drain your dishes in, so that fine china and glass need not be put in with large and heavy dishes. Pour a kettleful of boiling water over the heavy dishes in the drain-pan.

In removing pans from the oven, never use a dish-towel, but make a cloth out of a yard of denim, or cut a burlap flour sack up and hem it. You will find they wash easily, and your dish-towels are kept in good order.

Cover your kitchen, pantry and closets with linoleum, and the table with table oilcloth, also the wood box. They should be put on with paste, and save time, having only to wipe them off.

Have a slate in your upstairs hall, mark all engagements down, and you will always be in "time" at the appointed place.

Provide cooking spoons, forks and knives for the kitchen, and insist on your help using them for cooking with.

When making cake or cooking in general, do not allow your dishes to accumulate, but wash up as you work.

Don'ts About the Refrigerator.

Don't buy a cheap one; the best is the cheapest in the end, and—

Don't let the "ice-man" drop the ice in, or break the ice to fit in the box, especially if it is porcelain-lined.

Don't let anything hot be put in it to cool—cool the food first.

Don't put any odorous fruit or vegetables in the ice-box if there is milk, butter or water in it; these quickly absorb odors and flavors.

Don't leave milk, butter or water uncovered in the refrigerator—or anywhere else.

Don't keep the refrigerator in the kitchen if there is any other available spot; if you are obliged to, don't be afraid to use newspapers lavishly; wrap the ice in them, and cover the outside with papers also; it will tend to reduce the ice bill.

Don't think because it is frozen there are no germs in it; great caution should be exercised when buying ice if it is not artificial.

Don't neglect the drain-pipe or dripping-pan of the refrigerator; clean it often, and use a few drops of disinfectant (odorless, of course) and a small piece of washing-soda in the water in place of soap, and your ice-chest, box or refrigerator, as it may be, will always keep fresh and sweet.

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